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GLIMPSES OF POPULAR PHYSIOLOGY.

WITH ENGRAVED ILLUSTRATIONS.

BY T. L. NICHOLS, M.D.

A WRITER on physiology, whose works I have lately read, makes all the functions of the human being subordinate to that of digestion. According to his doctrines, all the other organs are the servants of the stomach. We live that we may eat. The legs transport us, that we may find food; with our hands we gather it. Our intellectual faculties enable us to find, or produce it.

Our physiologist had never properly learned the functions of the brain and nervous system. It is certain that he was no phrenologist. Alimentiveness is a fundamental, and powerful propensity; but it is, or should be, a servant, rather than a master. In the words of the ancient adage, we should "eat to live;" and "life is more than meat."

There is nothing more evident than that the body was made for the brain, and that it is, in all its parts, but the instrument of its power and the means of its manifestation. This is true of all the functions: even the procreative, whose organs act in obedience to the propensity of amativeness, whose seat is in the posterior-basilar region of the brain.

But it is a folly to say that the whole body is subordinate to one propensity or faculty. If there is any motive that rules supreme, for a long period, over the human organism, it is that of Amativeness, or physical love. A strong argument might be made on this point. It might be said that in the whole realm of nature, the individual was sacrificed to the species; that reproduction was everywhere provided for; that it is almost the sole function of vegetables and the lower orders of animals. That plants grow to produce seed, that insects lay their eggs and die; and that in the higher and even the highest animals, the social relations were, of all others, the most important and the most absorbing.

I do not wish to underrate the influence or importance of the procreative function. I shall give my views fully and unreservedly upon this subject, in a more fitting place, but I must protest against any such monopoly of life by one faculty, or one set of organs. The body, as a whole, with all its organs and senses, is the servant of the brain as a whole; but this central and supreme organ, is itself a complex structure; and is itself, in its turn, the material organ of the central spiritual essence, which we call the mind, or

soul. The body is not the man—the brain is not the man. The true being resides neither in bones, cartilages, tendons, muscles, membranes, blood-vessels, and glands; nor yet in the gray, cineritious, or vesicular matter, or the white fibrous substance of the brain and spinal cord.

As the body is the organ, or collection of organs of the brain; so is the brain the complex organ of the real or spiritual man; and if the same rule is applied, as it must be, to the lower animals, I shall not shrink from the application.

If you decide that matter cannot think, you decide that the dog or the elephant possesses an immaterial soul, for there is no doubt that these and other animals, possess nearly all the intellectual faculties and moral

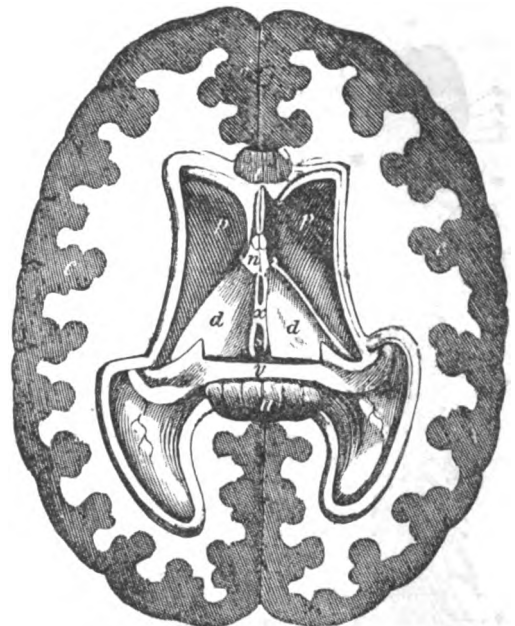


Fig 1.—Horizontal section of the brain, showing the two hemispheres, convolutions, gray matter, white substance, and ventricles of the brain.

sentiments that belong to man. What is the mind, but an assemblage of sentiments and faculties—powers of feeling and thought? If these require a spiritual nature, no man can deny such spiritual nature to the lower animals; and if this spiritual being is essentially and necessarily immortal, then have these animals immortal spirits. This argument seems a perfectly fair one.

TO YOUNG MEN—WINTER READING.—Now that the harvest is gathered, and the summer work ended, our young men, of rural life, will look about to learn what has been done in the world of Improvements—human and mechanical—during the "busy season." Also, what advances have been made in the various Reforms of this age, the most glorious of "all ages." To obtain information on every important subject, we have but to refer to the PRINTED RECORD. Here we may find all of interest which has transpired. Books on Agriculture, Mechanics, the Moral and Physical Sciences, including Geology, Astronomy, Geography, Botany, Natural History, Mathematics, Phrenology, Physiology, in short, every subject which has ever engaged the mind of man, all may be found in books, and we may choose which of these useful and interesting subjects we will study. A few dollars will put us in possession of a library, from which we may avail ourselves of the laborious investigations and developments of philosophers, poets, historians, and others. This is the poor man's means of "self-education," and they may be easily obtained. Then get good books—get them at once—and draw therefrom such a fund of knowledge as no one man could impart, were he to live ten thousand lives.

In fact, the brain of every animal that has a brain, is precisely like the human brain. There is no perceptible difference in kind, but only in degree of size, development, and parts. There is in all the same connection of the brain with the body—the same communication with the senses. There is in every one a spinal cord, nerves of sensation and motion, optic, olfactory, auditory, and gustatory nerves. The brain is divided like that of man into hemispheres, and developed in convolutions. There is a cerebrum and a cerebellum. There are propensities, sentiments, and intellectual faculties, and of these latter, the highest. Who shall deny to the broad massive forehead of the elephant, comparison and causality? And all these

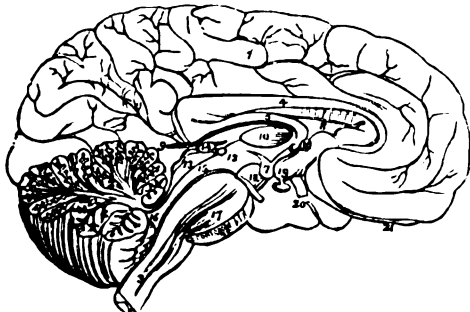


FIG. 2.—Vertical antero-posterior section of the brain, showing one hemisphere of the cerebrum, the arbor vita of the cerebellum, medulla oblongata, &c.

faculties must have their proper organs in the brain of the animal as well as in the brain of man—and if the brain of man is the organ of the mind of man, the brain of the animal is the organ of the mind of the animal.

I do not assert that animals have a future, or continuous existence; I only assert that any argument for immortality, based upon the indestructible nature of mind, applies to all creatures who have mind.

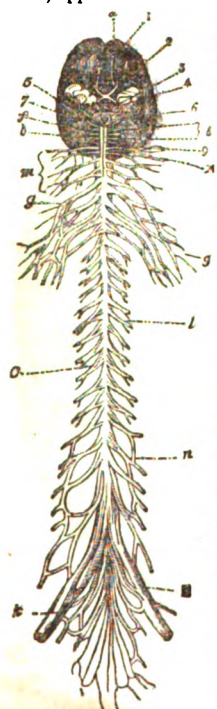


FIG. 3.—Brain and spinal cord with the beginnings of which these organs are fitted to perceive. Can any one conceive of God, angel, demon, or spirit, which has no form, no dimensions, which occupies no space, exists in no locality, and has no relations to material things?

It may be thought that this is no part of physiology. This would be a mistake. The brain is but a mass of watery pulp, if we leave out of the account the faculties of which it is the agent—and these constitute the real man, of which all the rest is but the earthly instrument, and present means of active manifestation.

If the soul have a form, after its presumed separation from the body, what will be that form? Will it keep the form of the brain; the spiritual faculties retaining the shape they have given to the material organs? Will there be spiritual cerebrum and cerebellum, and medulla oblongata? If a medulla oblongata, there must be a whole spinal cord; if a spinal cord, then all the nerves that are given off from it; and if these nerves, then the parts to which they are distributed; so that we have the whole body with all its parts and organs; and if organs, *then functions*. We have what St. Paul calls "a spiritual body." Now a spiritual body must be like the natural body—it must have form, size, locality, organs, and uses, and these things, so far as we are able to conceive, are qualities of *something*, and are not the qualities of *nothing*.

It seems to follow, then, that there is a spiritual faculty as well as a cerebral organ of alimentiveness, or amativeness, or destructiveness. If the spiritual man continues to exist, it must be in his integrity or completeness, in all that belongs to his nature, or he loses so much of his identity. A few organs or faculties do not constitute the man. He must have all to make up his perfect being; and if he retains the organs, he will retain their uses. It is absurd to suppose that a man will have a faculty and no use for it—a propensity, without its gratification. We infer then, from the faculties which constitute man, what is his present natural condition, and what must also be his future condition.

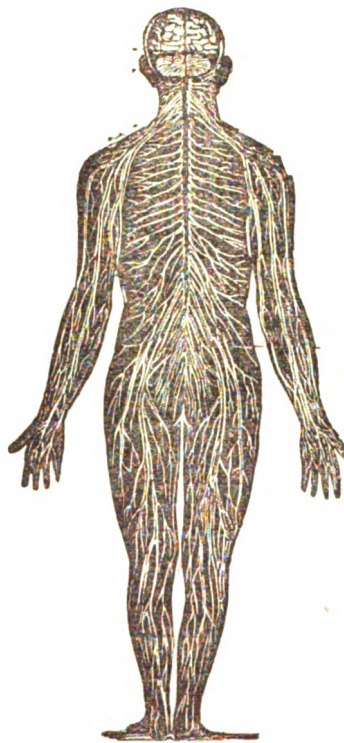


FIG. 4.—Posterior view of the cerebro-spinal system.

Thus Physiology is the key which unlocks the problems of both the life which now is and that which is to come. It is the science of nature, which gives us a knowledge of life and of the Author and source of life.

I am aware that in the beginning of these essays, some of my readers were shocked with what they supposed to be their heresies. A heresy is not a thing to

be shocked at, or to run from; but to examine and disprove. The man who runs from a proposition in science, is an intellectual coward. Paul tell us to "prove all things, and hold fast to that which is good."

I do not wish to be thought dogmatical. What I have given in this number, is not intended as doctrine, but as food for thought. All these questions must come to the readers of the Journal. They can neither shut their eyes nor stop their ears. The age of Authority and Dogmata has passed; we are in the age of Inquiry when men search after truth as after hidden treasures.

In my next, I propose to speak more particularly of the physiology of the brain, according to the light thrown upon it by Gall, Spurzheim, Combe, the Fowlers, and the Phrenologists in general, to whom the scientific world is under more obligations than men of science yet care to acknowledge.

PHYSICAL DEVELOPMENT THE DUTY OF MOTHERS.

BY R. ROXANA.

"Weariness
Can smother up in the slant, when rusty slath
Folds the downy pillow hard."

"Of what use are wings to the young eagle so long as he sits in his eyrie idly looking out on the vast expanse around him? Because the first flappings of those pinions are of necessity feeble, would you keep them perpetually unemployed? Mere instinct teaches the parent bird better than this. He early induces his young to try his strength, and if he refuses for lack of confidence he pitches him out; and a few weeks of trials, constantly increased, constitute the glory and joy of the young monarch of the air. Had he been moored in the dove's downy nest, his first flight would have sent him down dazzled before the rising day; but with strong plumes growing from within himself and strengthened by struggles to surmount or penetrate opposing blasts, he wins and adorns the birthright of his race, darting to the zenith unblenched and bathing himself in the splendors of the noontide sun."

Of what use are muscles to the young mother who has never employed them? Why should not those muscles be trained and fortified by use for the noble object for which they are given? Why has God made woman as she is? Why made her woman? Should not this be the inquiry of mothers who have their daughters around them, which soon are to leave the parental roof and assume life's responsibilities, to accomplish the destiny before them as best they can? Should not the faithful mother inquire with the deepest interest, why are my daughters daughters? Is not the maternal sphere the one for which nature has evidently constituted these daughters? For what purpose have they been endowed with all these womanly qualifications if this is not their "being's end and aim?"

On what principle of natural or moral right can these daughters be neglected, until their powers are wasted, and their energies paralyzed for want of employment? Moored and kept in the soft and downy nest of physical ease and inactivity; reared and nurtured in the hot-house of parental indulgence; or made the pampered weaklings of air-tight nurseries how poorly will they be fitted for the competent discharge of the duties of the maternal office! How inadequate their enfeebled and delicate powers to withstand and triumphantly bear up under the chilling wintry blasts, or the scorching rays of the sun of life's domestic sphere!

What we want at the present day is educated bodies as well as educated minds. In other words, the mind should be educated and taught to educate the body. The bodies of the prospective mothers of this land

should be perfected as well as the mind cultivated. Then we should not witness so many young mothers relinquishing their noble calling and spending their existence in an humbling chase after health; or failing entirely in their work through premature death.

Woman's physical and constitutional discipline should constantly have reference to the development of her muscular powers. Nothing will more effectually facilitate this than a conscientious attention to appropriate exercise of the physical functions. Thousands of mothers, to-day, should rise from the "inertia" into which many of them have fallen, to a state of energy and action. But if they will live and revel in their morbidity and carry about with them the "vis inertia" of their poor diseased carcass as a nuisance, let them stay within doors; snooze away their morning hours upon their beds of downy feathers; crowd their stomachs with the richest condiments and the most highly concentrated food; lounge away the hours of the day upon their velvet couches of indolence, burdened with the arduous work of holding their hands; let them despise labor, and look down with disdain upon wholesome exercise.

I remember with unfeigned sympathy the numbers of hardworking, toil-worn women who labor on from year to year, unrequitedly, and unrelieved, and unsympathized with by their wickedly inconsiderate husbands, who load them with burdens they ought never to bear; but I am of opinion that these working women are the better and the happier class of woman-kind. I have a chapter in reserve for the benefit of their "task-masters;" domineering "lords of creation" who seem to cherish the idea that the only legitimate use their wives can be put to is to make them "hewers of wood and drawers of water" to them; wherein I presume they will receive "their portion in due season," even to the satisfaction of "A Subscriber," who seems to infer that I would throw the "burden of public scorn," and charge the guilt of "wrong doing" in the domestic relation wholly upon woman. Far be it from me to do this. But when I speak of crime, crime which remains crime though committed ignorantly, I must speak of it in a manner expressive of the indignation with which I regard it.

In the communication referred to, in which I was so unhappy as to "hurt the feelings" of a "working-woman," who of all women I should least desire to injure or make unhappy, I was speaking of the crime of destroying offspring while in the embryonic state. That I may not be misunderstood on this point I will further remark, that I believe the husband who is accessory—an instigator or an abettor, in this crime is a murderer. Compared with what I have already said of the "just deserts," or "congenial climate," for the woman who is accessory to this crime, I should consider that Botany Bay would be a heaven to the man identified in its guilt. I have only to remark that the righteous retribution of Almighty God awaits such men. Their doom, unless they repent, can no more be averted than they can when palsied in death arrest with their dead hand the undertaker as he screws closely down the coffin's lid upon their marbled brow and heart congealed.

But I have a purpose before me, that purpose I will follow. I speak what I believe, when I say that where one woman suffers from hard labor and over work of the physical powers, there are seven who suffer for the want of work and physical exercise. To do nothing, or that which is worse than nothing, work, which has no reference to the proportionate development of the muscular powers, has in our country become very fashionable. Hence lust and laziness is the grand curse of the day, inflicted on the daughters of the born rich. The mediocrity follow hard in the wake and receive their proportion of the curse. The educated among English ladies pride themselves on the development of their physical graces and strength, and it is no marvel to find those among them who will walk

fourteen and fifteen miles per day without suffering inconvenience.

But where are the ladies among us, who make physical development and the power of endurance of physical hardship an object to which reference shall be had in the perpetual discipline of the physical powers to which they are subjected? Thousands there are who lounge away their lives on the couch of perpetual indolence, who will find tortures hard and excruciating ere their useless career terminates. Those are most restless who are most at rest.

Spinola being told that Sir Francis Vere died of having nothing to do, replied, "That was enough to kill any general;" and it will as surely kill women. We have four hundred and fifty voluntary muscles, made on purpose to be actively employed; if they are not vigorously exercised, then the nervous power designed to energize the firmest strength is transformed into morbid sensibility and incessant torment. Indisposition to physical activity is most unnatural. "There is not a man or thing now alive but has tools to work with. The basest of animalcules, the spider itself, has a spinning-jenny and a warping-mill and power-loom in its head; the stupidest of oysters has a peepsin digester with a limestone house to hold it in."

One of the most beneficial results of regular bathing the year round, arises from the exercise which necessarily accompanies this most wholesome custom. However, those are usually most averse to the practice who would be the most benefited by it, and the principal reason for its neglect is found in their inveterate laziness. In their slothfulness, they cry out, "There is a lion without, I shall be slain in the streets."

Avoiding wholesome exercise, their bodies breed disease, and there is a criminal perversion of their powers and a prodigal wastefulness of their strength. Every woman, who ever expects to fill the office of a mother, should make it a matter of conscience; of imperative duty to pursue a course the most highly promotive of muscular development, that she may be adequate to the task of delivering her offspring safely and without injury to herself. This can only be accomplished as grows the eagle's wing and giant's arm. Physical power and muscular energy can only be developed by appropriate exercise. We never think of learning our children to walk and run by perpetually feeding and pampering them in their cradles. Suppose we keep them there eighteen or twenty years, till they have outgrown, in size, their cradles, and then hoist them out and expect them to walk. We have monstrous handsome babies, but our expectations are as vain as those of the Spartan who attempted to make the corpse stand. The fact is, something is wanting; it may not be the principle of life, but as great a want exists, viz., the want of previous discipline. Shall we wonder at the inadequacy of the women of our day to the task of easy and safe delivery of children, while we look in vain abroad in society for the appropriate training and discipline of those powers which are called into requisition at this most important period?

Preparatory to the Olympic Games, the candidate for the conflict and crown lived in the most frugal manner, and accustomed himself to the severest training. He would practice the course with perpetual strife, and "sweat himself thin," that he might be fitted for the great anticipated struggle. The laurels of these ancient competitors in the race were naught compared with those which prospective mothers have before them. The one was a corruptible crown; the other an incorruptible one. Nine-tenths of the suffering and anguish incident to childbirth are safely attributable to this deficiency. Nine-tenths of our women cannot walk briskly one hour without suffering inconvenience for days afterwards. A vast amount of the labor of the toiling, and hardworking, is actually pernicious and deleterious, because it has no reference to the discipline of the physical powers. The muscles

left inactive are rendered useless. Action is life and health; repose is death and corruption. The muscles are fortified by use. Otherwise their functions, like the scimitar, are corroded and destroyed by rust.

Mothers of the true stamp are "not slothful in business, fervent in spirit, serving the Lord." But divers of mothers appear to have no business, and are servent in no wholesome exercise. If there is life sufficient within to drive the morbid diseased matter to the surface of their full-fed and pampered systems, they habitually dread the exercise requisite to washing it off. "I am so fatigued," say they, "if I attempt to bathe, that before I half get through I have to give it up." A weightier reason could not be given why the practice should be persevered in. If sleep was used as "tired nature's sweet restorer," and one hour each morning taken from those now wasted in bed by such, and occupied in bathing, washing, and rubbing vigorously and thoroughly the entire system, no exercise would be found more healthful; no efforts would more tend to beautify, adorn and strengthen the personal charms and powers of women.

Says a living author, "Immense harm results to all sorts of sufferers from the want of pure water and fresh air. Rapid and deadly suffocation sometimes occurs, as in the black-hole of Calcutta; but the same process in a milder degree frequently goes forward unnoticed in churches and ball-rooms. Lolling young ladies and masculine drones lounge about on sofas and divans in close apartments and dignified laziness, oppressed with ennui and patronizing doctors to their heart's content, little dreaming that they are sinking precisely under the same influences which, in unventilated ships, and in the unwashed apartments of crowded human dens, generate putrid fevers of the most frightful and malignant type." Of bathing, it should be remarked, that it is not the water that benefits so much as the exercise; and if persevered in, soon becomes pleasurable rather than burdensome. To enjoy health the skin should be kept open, and the filthy, diseased, morbid matter as it comes through its appropriate medium to the surface should be washed off. I cannot conceive how any of the "fair sex," as we are termed, can regard themselves as cleanly and decent who fail of doing it daily; and what shall be said of those who live weeks and even months without doing it? Hardworking women may not do this and enjoy health; because their exercise promotes the healthy action of every organ and function of the body; but the indolent and anti-working class forfeit their title to health by its neglect. The blessings of sound health and proper physical development are not secured as Abu Zeidal Hassan declares some Chinese philosophers think.

Oysters get their pearls, viz., by gaping for them. She who wins these blessings wins a prize "better than rubies;" but it must be earned. It cannot be inherited wholly; neither borrowed nor bought. "It cannot be gotten for gold, neither shall silver be weighed for the price thereof." God never pours these blessings upon those who persist in a course of habitual violation of the laws of health. As Cicero says, "Such draw their breath, but do not live." There are none of the healthy pulsations of life about them. If woman would be strong and graceful in body and limb, clear in intellect, and useful in her sphere and noble calling, she must do something more than "sport with Amaryllis in the shade and play with the tangles of Nearea's hair." She must feel as Plutarch told the friends of Alexander the Great, that "it is a most slavish thing idly to be at ease, and a most royal thing to labor." Narcissus was represented by the ancients as idly gazing at his own features reflected in the placid mirror of a fountain, until fatally and foolishly enamored of his own insipid charms, he perished there an image of indolence and vanity.

The "born great" inflict a curse on the daughters and mothers found among them, by a system of edu-

cation which exempts them from all healthful exercise; and never fails of exhibiting, as its peculiar characteristic, that their wonderful and all-important dignity can only be preserved and maintained in nursing and keeping alive among them as an influential and controlling element, a perfect abhorrence of all wholesome discipline which involves "laborious effort." What are these daughters and mothers often but a burden to the earth? a cypher in society? rather a loathsome excrescence on the community, drawing otherwise productive aliment from the resources of the general good, but yielding in return neither fruit nor ornament.

"Their only labor is to kill the time,
And labor dire it is; and weary we,
They sit, they loiter, turn o'er some idle rhyme,
Or saunter forth with tottering steps and slow;
This soon too rude an exercise they find—
Straight on the couch their limbs again they throw,
Where hours on hours they sighing lie reclus'd,
And court the vapory god, soft breathing in the wind."

Such languishing, sickly, effeminate women are wholly unfit for mothers. They never ought to be put to such a use.

Spinal complaints have become very fashionable; dyspepsia, with all its horrors, and fantastic and dreadful maladies, are common; all traceable to the prostration of the muscular powers and the derangement of the nervous system, which would never have taken place had proper attention been given to the development and legitimate exercise of the physical forces. Such are incurable only as they recognize and render obedience to nature's requisitions. Men and women of sedentary habits are always liable to these complaints, and when once fastened on their victims, approximate very closely to the invincible. I know a clergyman who has seen but thirty years of life, who now is bed-ridden and has been for years, yet eats his usual quantity of hearty food every day, and is so fantastically sensitive that he cannot endure to see any one save those who constantly minister to him. I knew him when apparently enjoying good health; so averse to physical exertion that he habitually refused to bring to his room the fuel necessary to keep his precious body warm. It would have been a mercy to have left him to himself and let him have frozen to death. Some, under these circumstances, imagine themselves dead, and others declare their bodies to be the abode of fiends. One imagines that he hears frogs croaking in his stomach; another thinks his body a lump of butter, and is afraid to walk in the sun lest he should be melted. Doctor Moore, of London, has published an account of a lady who had passed an idle life, and who at last imagined herself to be a pound of candles, and dreaded the approach of night, fearing the chamber-maid would take a part of her for use.

Apollo found a tortoise-shell at break of day on the seashore and fashioned it into a harp. He was an active, industrious deity, and an example to men and women. The graceful vigor of his frame was won from the frigid purity of ocean's wave, and the splendid skill of his intellect was perfected in the light of morning's first and chastest beams. The music of this first instrument tuned by this most noble and agile of the fabled gods, first resounded at early morn, in the purest air, on the sublimest shore, where the heart

"Sat light and jocund at the day's return,"

But aversion to the active employment of the physical as well as the mental powers brings its own punishment. Says Solomon, "The desire of the slothful killeth him," while "the sleep of the laboring man is sweet." Hillhouse, in allusion to the prodigality of youthful energies, and the wastefulness of the spring-time of youth, says,

"I would plant rich seeds,
To blossom in my manhood, and bear fruit
When I am old."

The soil, however, should first be put in good con-

dition by thorough preparation, especially where the "rich seeds" planted are expected to "blossom" in womanhood and "bear fruit" of a paternal character. How many thousands there are in whom there is found no healthy alacrity, none of that vivacious energy which indicates either a vigorous body or a forcible mind! They become the ready victims of every disease, and drag out a miserable existence, or suffer premature dotage in the midst of their responsibilities, while the body falls in its ruins unbraced and unfortified for its work from want of proper discipline. The kind of discipline demanded is not that which attempts to work out the human frame into full stature by nursing one limb, or rearing and supplying one member, but which aims at perfect development by pushing out in due proportion the energies of the whole constitution.

LETTER FROM MRS. FRANCES D. GAGE

TO DR. JACKSON.

MOUNT AIRY, June 16, 1852.

JAMES C. JACKSON, DEAR SIR:—Your kind invitation to your "Annual Water-Cure Festival," found its way to my home whilst I was luxuriating among the fresh breezes and spring flowers of Westchester, Pennsylvania, and consequently did not meet my eye till this day. I hasten to reply, lest I should be thought ungrateful. A bid to an ordinary festival, where choice spirits are to mingle together in a "flow" of soul, and partake of the "feast of fat things," even with the knowledge that aching heads and dimmed intellects for awhile, would be the effect of the indulgence, I must frankly say would have been received gratefully. But to be invited to take my seat as a familiar friend, with those who have been able to defy custom, and to set aside the wrong impressions of childhood's years, and to conquer perverted tastes, to live truly and wisely for the sake of developing a higher "Human Nature," is a compliment to be proud of. But, alas! I fear I should be among you like the inebriate among other men, for I must confess to you that I have not yet let go the flesh pots of Egypt, nor can I boast of the heroism of our mothers,

"Who vowed on the brink to drink no more tea,
So pickled down the garb for the fishes of the sea."

Whilst, however, I make this acknowledgment, I must bid you a hearty God-speed in your work of reform, fully convinced that we all need to simplify habits, and to look more closely into our own natures, and when we have found what to us seems the right way, to live up to it unflinchingly. You may accuse me, perhaps, of inconsistency, but I must reply—I am not yet convinced that your course of life would be the best for me now.

If I understand you, you use no animal food, tea or coffee. The last named I firmly believe most persons, perhaps all, are as well without. I believe also, that children would be more healthy, brought up without animal food. But in repeated trials that I have made to live without it entirely, I have failed, because my stomach would so lose tone as to reject everything else. Do not understand me as advocating the use of tea and coffee or the eating of meat; I do neither, and you will give me credit for perseverance, that I have brought my family up of eight children to drink neither tea nor coffee habitually, nor to use ardent spirits in any shape.

For nine years I used neither tea nor coffee. But from causes which I need not enumerate, I have felt impelled to use both, very lightly, for a few years. My mind was never opened to the subject of meat-eating till within a few years. I think decidedly too much is consumed, and I earnestly hope your efforts will have the tendency to make all right in that matter. As for hydropathy, I have been a hydropathist from child-

hood, not systematically, but always applying cold water bountifully within and without in cases both of health and disease. If we must have a *pathy*, let it be hydropathy, and if we must have drugs, let them be by all means the seventeen-hundredth dilution of the most innocent possible to be found. Excuse both my brevity, and, perhaps, my levity. But who would not be merry to get home, after an absence of four weeks, and find all well, cheerful, and happy, and a warm, loving welcome? This absence, too, has given such high relish to the home-baked bread, mixed by the hands of my own dear daughters, that even your tempting invitation will have to be declined this time—though had your letter found me in Philadelphia four days since, I am not sure, but I should have been tempted to return by the way of your GLEN to dine with you. Wishing you the highest meed of enjoyment that good motives, well acted upon, can possibly bestow, I am yours sincerely, FRANCES D. GAGE.

MRS. GAGE, DEAR MADAM:—Personally I thank you for your frankness. You are not a believer in the vegetarian doctrine, and you kindly yet plainly say you are not.

Suffer me to offer you a few suggestions why you *should* be a believer, why your daughters should be believers, why all men, women and children should be believers in a doctrine that would deliver them from obedience to the law of *prey*. The argument drawn from the number and structure of a man's teeth in favor of flesh-eating is losing its hold on the public mind. At best, it is far-fetched. That he has two pointed teeth which are similar to the *tusks* of the flesh-eating animals does not prove him carnivorous: and so certain are the flesh-eating philosophers of this, that they claim for man that he is *omnivorous*, that is, that he is calculated to eat peaches to-day and beef-steak to-morrow.

Now, I do not deny this capacity—for even hens can eat grain and beef—though they have no teeth; but I do deny, that because man *can* do a thing, therefore it is fit for him to do. Man's capacity to do, and his aptitude to have done—are different. His power to force on his organization what his organization cannot properly endure, no one denies. Man's power to swallow arsenic is complete, but it is not therefore fit that he should swallow it. How, with such shaped jaws as man has, he could help having canine teeth—is matter worth inquiring about. If, in their place, double teeth or incisors were, the front and side teeth would be at right angles—the segment of the circle would be destroyed. Man has nails, but they do not prove him a scratching animal;—but the fact that he has them, is as conclusive to that end as the fact of his having canine teeth is to his fitness to eat flesh.

But let this point pass. Is there not something offensive to a highly refined mind in taking life from the sensitive animal to gratify one's palate? Life's tenure to the weakest is sacred, except under the law of necessity. In the scale of earthly life man is the highest. He can therefore afford to *spare* life. His needs do not press him on all sides, as do the needs of other animals, and it may be seriously urged as a casuistical point, whether he is not bound to forego the taking of life, unless to forego it is to subject him to essential discomfort, and to hinder his development. To kill a *lamb* to eat it—is it not horrible? Its dying bleat and the flavor of its flesh do not harmonize well in the sphere of associations. To kill a mad *bull*—rushing to gore you or your daughter, is a duty. But justification from the latter does not cover a mantle over the former deed. You kill from a manful instinct in the latter case; in the former you kill to gratify a propensity—and that very ill-educated, for it may with good degree of certainty be affirmed, that natural human instinct would never prompt to the eating of animal food.

I admit you are at liberty to say that circumstances are fairly supposable in which the life of a lamb is not to weigh against human wants, and you can suppose circumstances to exist where human life may be, and in my judgment ought to be, sacrificed without hesitation. But such are not common cases, whilst butchering of animals for the sole purpose of furnishing pampered appetites is common. To me this is offensive, and marks a want of refinement on the part of those who make no struggle against the practice. Silently to acquiesce in the practice, is at last to give a fleshy, coarse, brutal, animal tinge to their characters. It signifies that the animal is predominant in them, not simply because they eat flesh, but because they will have it though they have to kill that they may have it. The Ben Franklin theory, so often brought forward to prove the flesh-eating doctrine, viz.—that big fishes eat little fishes,—therefore men may eat flesh, is not logical. It is not highly creditable to man to go to fishes and their indulgences for support in his habits. The analogical argument should be—big fishes eat little fishes—therefore big men may eat little men,—a conclusion not exactly agreeable to the flesh-eaters.

An additional suggestion why human beings should eat no flesh is, that in this country it is not *needful*. On the score of economy, it is wasteful. It takes ten bushels of corn to fit a swine in "growing condition" for the highest market pork price. When fatted, one-twentieth of him is offal, fit only for dogs. It needs no mathematician to tell, that pound for pound, the corn on which the swine was fed will go as far to sustain human life as the pork—for pork has but little that is nutritious in it, notwithstanding the prevalent impression to the contrary. No flesh that was ever eaten is as nutritious as white beans or rice. So that from beans to rice, through all our northern grains—and from pease to potatoes, through all the vegetable domain, and through the circle of our fruits, from the peach to the apple—there are such varieties of alimentary substances, that to eat flesh is unnecessary; and to kill when there is no need of killing, is to lay the foundation for such development of character as you seek to avoid in a child, when to gratify a passion or a freak he kills a house fly.

Another reason why meat should not be eaten is, that its use is unfavorable to high human development. Compared with vegetarian diet, it sinks in the scale. Men will live and thrive as *men*, on unfleshy diet—but there is not on record a case where the manly in a person has not deteriorated who has given himself exclusively to a meat diet. If there is, the advocates for a flesh diet would have produced it before this. As between the two systems exclusively considered, vegetable food—embracing grains and fruits—to say the least, does not deteriorate the intellects and manners of those who use it, whilst flesh diet does. So true is this, that in some countries the occupation of a butcher is considered to unfit a man from serving on a jury in a case of life or death, and so unfavorable is that occupation to the development of the manly portion of human nature, that no instance can be found where in highly civilized society a man has been elevated from the butcher's stall to high civil trusts. On the other hand, men who follow butchering for a living grow coarse in manner, and lack sympathy with human suffering, and making meat a staple article of their diet, come at last, in some instances, of a cold morning, to drink warm blood with decided relish. I have seen an instance myself of this kind.

Flesh, as food, is unfavorable to the best development of man, because, aside from its nutritious, it has stimulating qualities. This stimulus, according to its strength or concentration, and the delicacy of the nervous system of the person eating flesh, is as injurious as alcohol. That meat, aside from its nutrition, has stimulus, is easily seen, *first*, from the half consciousness that some people have that as a diet for

children it is injurious; *second*, that adults prefer it to vegetable food, unless taught to preserve a natural appetite; *third*, because it is recognized among medical men as possessing stimulating qualities, and so they give it in the form of *beef-tea* to persons needing stimulus. Doctor Watson, in his lecture on *typhus* fever, especially calls on his class to give beef-tea at the turning point of the fever, for the reason that stimulus is needed. But if you want proof that besides nutritive qualities, flesh contains stimulus—or something that is not nutritive yet exciting—watch the pulse of a man after he has eaten an entire meal of meat, and compare it with the pulse of the same man who has dined on Graham bread and ripe peaches. You shall see a decided difference. The digestive fever of the meat eater is always fiercer than that of the fruit eater.

A lady, the mother of five boys, once said to me that she found her children, when fed on other food than meat, much more docile and kind in their mutual relations. That so exciting was meat on their nervous systems, that she could see the effects of a single meal, in their intercourse. It would affect the tones of their voices, oftentimes leading to harsh words.

It is this effect, or like effect, that gives to the flesh advocates courage to claim for meat superiority over vegetables and fruits as an article of diet. But the argument proves too much.

If it proves anything, it proves that the human system cannot reach the acme of its ability through substances that are simply nutritious. Admitting this, under the great variety of physical temperament and condition of life to which men are subject, this matter of stimulus, both in kind and quality, must be left to individual decision. Out of this claim which the meat-eater offers for something more than nutrition to develop the highest degree of vigor, your dram-drinker can set up an impregnable defence. Who shall say, Madam, if you need the stimulus of meat, I do not need the stimulus of brandy?

As an article of diet, flesh can be demonstrated to be injurious from the fact, that like alcohol, tea, coffee, tobacco, or opium, it creates its own necessities. Like these, habitually used, it *must* be habitually used, or abstinence will create the same unpleasant effects that arise from its excess in its first use. Alcohol drunk to excess, in its first use, will create delirium tremens,—when the system has long been addicted to it, abstinence will produce delirium tremens. Tea, when drunk at first in strong infusion, will produce sick headache. Let the system be long under its use, and abstinence will produce the same difficulty. Coffee at first, will, if taken strongly, produce colic, flatulence of the bowels, and diarrhoea. When the system has been used to it for a long time, these effects will follow an attempt to do without it. Tobacco, at first use, will produce nausea and vertigo. Nothing is more common than to see persons long under its influence, made sick and dizzy of head, under trial of abandonment. Opium makes its neophyte as stupid as a fool, when first he tries it, but the habit once formed, discontinuance, if sudden, produces idiocy. Flesh, eaten largely by one who had eaten none, disturbs digestion—creates acute dyspepsia and an entire disrelish for all other food. Habitually used, the same effects follow endeavors to discontinue. Hence the benefit derivable to different persons in the use of these several articles, is always measured by the ill feelings consequent on efforts to do without them. So that one always hears the justification for using them offered somewhat after this sort, "I know this or that is good for me, for I tried to do without it and I was just as weak as water;" or, "I feel better and stronger for my bitters at dinner;" or, "I can regulate my stomach so that I shall have no sick headache if I can have my tea. It regulates my nervous system;" or, "I have tried to do without coffee, and I have the colic;" or, "In repeated trials that

I have made to live without meat entirely, I have failed, because my stomach would so lose tone as to reject everything else."

Now, no greater mistake could possibly be made, than such persons make in drawing the conclusion that these several articles are beneficial in proportion as their systems clamor for them. The reverse is the fact. The injury is exactly proportional to the excitement of the system when one abstains. The digestive, the muscular, the circulatory, the excretory, the nervous systems are all enslaved. They all cry,

"Give me some drink, Titinius, like a sick child."

O! it is humiliating, the degree to which, in a Christian country, cultivated and Christian people bring their powers into bondage to false modes of living. The idea of the apostle of bringing their bodies into subjection, that thereby they may serve the law of Christ, is not yet conceived by most. Such disgusting vasa-lage as your meat-eaters and dram-drinkers show to their flesh and ardent spirits, you never see exhibited by vegetable-eaters. And for this very good reason, food with them is valuable for the purposes of nutrition and excretion. What will nutritify and sustain the system they can eat. It may be bread and potatoes, pudding and molasses, apple-dumplings, or stewed beans, so far as the wants of the system is concerned, it is all the same. But the meat-eater has no appetite for aught, unless the flavor of meat is an accompaniment. A most horrible slavery. Additional to this, his meat for dinner (like his coffee for breakfast) breaks down desire for other things, till at last there is nothing but which plays a subordinate part to it in his arrangements for that meal. There is not a large hotel-keeper in the country who will not testify that from year to year steadily does the demand for meat increase, over and above the increase of population. Indirectly, however, its injurious influence is more widely reflected. It is one of the class of nervous excitants served up at our tables. It belongs with tea, coffee, tobacco, opium, alcohol. Find me a vegetarian who uses any of these things and I will admit him to be an eccentricity. The man who gives up meat gives up all the others, and whilst it is not true that one who uses meat uses all the others, it is true that the man cannot be found who uses all the others, who refuses of his own accord the use of meat. I should like to see the tobacco-chewer, or smoker, or tea, or coffee, or alcohol drinker, or opium-eater, who uses no meat. The truth is, my dear Mrs. Gage, the use of one form of stimulant legitimately begets the use of some other form of stimulus, and the abandonment of one leads naturally to the abandonment of all. Thus your meat-eaters grow worse and worse in their habits, and your vegetarians better and better in their habits, and the grossness in the physical life of the one, and the simplicity of the physical life of the other, reflect respectively the development of their intellectual and moral natures.

Let me call your attention still further to a few points worthy of consideration:

1. Flesh-eaters are more irascible and petulant than vegetarians. This is true of the same persons eating for given periods, meats, and then eating foods of which flesh is not a part. Hence men individually and collectively who eat flesh largely, are good at fighting, whether they have just cause or not, whilst your vegetarian is less disposed to find cause for quarrel where none really exists.

2. Flesh-eaters can endure much less degree of abstinence than vegetarians, other things being equal. A flesh-eater grows nervous if he is driven by the hour of eating, and to this nervousness succeeds faintness, if abstinence is long continued. This I have seen triumphantly demonstrated by my hydropathic guests who were eaters at the same table. My meat-eaters always watch the hour of meal more closely than my vegetarians. They start at the ringing of our bell,

they eat the most hastily, and masticate the least, and it is with more difficulty that I control their physical and mental motions. They are more likely to run into excess.

3. Flesh-eaters cannot perform as much intellectual labor as vegetarians without the aid of stimulants. Give the one meat and the other bread, and it will prove at the desk as in the harvest field—other things being equal—that the vegetarian has the greatest powers of endurance. The testimony to this end is abundant, and it is of the best kind; for it is not only true by comparison with various persons, but it is also demonstrated by various persons who have tried both systems. It is a fact, Mrs. Gage, that whilst thousands of meat-eaters are found who have come over to "the new mode of life," it scarcely can be said that vegetarians apostatize and return to the use of flesh.

4. The eating of flesh by children, leads to nervous and arterial excitement, to undue development of the passions and premature puberty. As a consequence, we have in this age "smart, promising sons and daughters" whilst young, but they prove less worthy of our pride when at thirty years old. This sort of growth during childhood is not desirable, because it is not in the order of nature. To stimulate the nervous system, is to give mental, at the expense of muscular, development, which all parents ought to dread. Such food lays the foundation for a premature assumption of social duties, the ill effects of which are seen in the early marriages of our day, and the early launch into business of our young men.

And, now, Madam, it may be possibly asked, why, if such are my views, I allow the use of meats on my Cure table? I reply, because from long addiction to their use, in connection with tea, coffee, spices, tobacco, drugs, and in some cases alcoholic drinks—my patients can ill afford their sudden, instant abandonment. They, like yourself, find, or think they find, it impossible to do without meats. So I have this lesson to learn to them, not by an immediate and complete abstinence, which their nervous systems would feel most alarmingly, but by a gradual change which will give me, under my hydropathic treatment, an opportunity to substitute a far better tonic, and so displace the old habit.

True, I am not fearful, in any cases, of the results of total abstinence of any stimulant or narcotic, but my patients are, and as a matter of common prudence, I feel bound to give some heed to their fears. But my daily life and my constant teachings are against this rash and rapid draft on that system which presides and governs all the functions of the organism, and which, when shattered, leaves the rest to perish. That you, Madam, may yet see it your duty to become a vegetarian, and so prolong your life, is my wish. Meanwhile, I remain very respectfully, your friend,

JAS. C. JACKSON.

ADVICE TO WEAKLY FEMALES.

BY THEODOSIA.

I FIND a great many weakly, diseased, females, with whom I converse, who are willing to admit that water is good, and they have no doubt but it would help them, but then they have so many reasons for not using it; they do not know how, they have no convenience; they have no one to do it for them, and their friends are so opposed—and so they continue on in the old beaten track, and drag out and end a miserable existence. Now, I am so sure that a little energy and perseverance might save them, I want to write a little (bungling as it may be) of my history. From the age of sixteen I was troubled a great deal of the time with a severe cough, which made my friends look on me as an early victim for the tomb. I had severe spells

of the phthisis, which would hold me to my chair for days and nights. This I inherited from both parents, with the salt rheum from my mother, which I always had from infancy until my twentieth year, when it terminated in deep scrofulous swellings in my breasts, which laid me up for all summer. After this, notwithstanding my coughing spells and phthisis, I enjoyed pretty good health until my twenty-seventh year, it being over six years since I took a severe cold, and for three months I coughed and raised so much—and my strength was so reduced, that my end was considered near. My cough then ceased entirely, but I had no return of strength, and one thing after another came upon me, until my whole nervous system was completely prostrated, owing, as I now know, to almost a complete stoppage of circulation that passes through the skin. Had I then known, as I now do, how essential such circulation was, what misery might have been saved. As it was, my skin became covered with a dry bran-like substance, my face so covered with a black moth that it looked frightful; and for two years and a half I suffered all the miseries of a complication of diseases, the natural result of such a state of the system. I will name some of them as pronounced by my physician (botanic, by the way, for I would in no case submit to drug treatment.) They said I had not vital energy enough to raise a cough, I had the liver complaint, inflammation on the spleen, dropsy in the region of the heart, left ventricle of the heart swelled and inflamed, tubercles formed on the bundle of nerves situated in the left side, lower portion of the lungs hardened and entirely useless, a very weak back, with all the attending weaknesses peculiar to our sex, my feet and limbs were swollen to transparency. Let no one imagine they have any bad or disagreeable feeling with which I could not sympathize with them. For eighteen months I was incapable of any labor, walking a little about house or in the garden, requiring my utmost exertion. Nearly three months I did not walk to the door. My physician was pronounced an impostor by my neighbors for giving me encouragement that I might yet live and enjoy a comfortable degree of health. Many visited me, and bid me farewell on going away; but as a merciful Providence ordered, with all the doses of roots and herbs which the doctor prepared for me, after steaming me several times to allay the pain with which I was constantly attended, gave strict orders that I should be bathed every day with warm soap-suds, saleratus water, salt and water, &c. I soon discovered that this gave me more ease than all the medicine I took, and I acquired a degree of comfort and cheerfulness which I had never expected to enjoy; but I gained no strength of consequence, and there was scarcely a week that I did not take cold, and bring on all my former symptoms, to an alarming degree. In the spring, on an old fragment of newspaper that was sent me around some herbs, I read that there was a Priessnitz, at Graefenberg, curing all manner of diseases with cold water. I had never heard of such a thing in this country, or anywhere else. Soon after a friend visited me from another town. She had heard, by the way, of friends living at the east, that they were performing cures there as wonderful as mine would be with water. I had lost all confidence in medicine. I would try it, and with that meagre knowledge I commenced venturing to wash only my arms and shoulders the first day. It was not long, however, before the neighbors changed their minds, and said there could not much ail me, if I could sit in a wash-tub and wash me all over in cold water, without it killing me, or walk to the creek, at some distance from the house, and play in the water like a truant school-boy. It must be remembered that to me it was an age of darkness, as it regards any of the modes of using water, which have now become so public, that a child may learn. I had never heard of a Cold-Water Journal, of a wet sheet pack, nor anything that pertained to the

manner of using it. I had an inventive imagination, and I followed it; and to this day my grateful feelings rise when I think how quickly I could lie down and sleep after such exercises; and I now think that the perfect dread of those long sleepless nights during which I was tormented with all the horrors of a nervous distraction, was the main cause of my persevering as I did. I did persevere, and my health and strength gradually, but steadily, improved. I threw aside all medicine, healed an artificial sore which I had kept running for eight months, as my only means of living, threw away all plasters, of which I often had six on me at a time, supplying their places with cloths rung from cold water.

For three years I have been able to manage all my household affairs, laboring most of the time from morning till night, at light work, and at times going through all sorts of hard work. I have not had a cold once, except the common fall and winter colds that everybody has, and then I sometimes think I have them lighter than the rest of them, with the exception of a day or two of the phthisis, which generally attends them; but that is nothing compared with what it used to be. I have not lain by a whole day in three years, except in my confinement two years ago, and that could hardly be called a confinement, for I did not stay in the house two days. When my friends found that I had not omitted one of my daily baths, nor did not mean to miss one, and saw me put a tumbler of cold water to my mouth, and drink all the cold water I wanted, they looked upon me as the Islanders did on the Apostle Paul, when the viper fastened on his hand, but I received as little harm as he did. I did persuade one of them secretly to fetch me a cold wet cloth to lay across me, by promising not to tell of her; and I have not enjoyed these blessings alone—a few saw and believed, and began to use it; and from that small beginning we have advanced slowly, but steadily, step by step, with no knowledge but what we could gather from experience, and exercising what little common sense we were in possession of, until we have been able to overcome disease, in all the various forms in which it has presented itself, among which have been chill fever, in abundance; inflammation on the lungs, frequently accompanied with pleurisy, and in one instance with inflammation on the brain; erysipelas, swelled tonsils, bloody dysentery, with all the smaller train of ills to which we are more or less liable. They have all yielded readily to the simple application of water, some of them after resisting all the remedies usually resorted to, and in no instance have we been unsuccessful. Opposers say they were not half sick when they see them up and out doors so soon, but we do not mind that; our motto is, onward. We have drowned out one doctor who settled amongst us. There is none now nearer than eight or nine miles, and we look forward to the time when they will have to flee before the gathering freshet. It is not yet two years since the first page of reading matter, on the subject of water treatment, appeared in our neighborhood, and we have now ten numbers of the WATER-CURE JOURNAL circulating in our midst, and that their influence may tell on the destinies of doctors, till there shall not be one to show his head in all this back-wood settlement, is the prayer of many a well wisher to the cold water cause in this place.

P. S.—Although my letter is twice as long as I had any idea of writing, I cannot forbear mentioning a circumstance which has taken place since writing the above. My little girl, two years old, playing near the stove, fell against the corner of it, the leg came out, and the stove tipped down, turning a kettle of scalding water that stood on the top all over her side. Another breath and I had emptied the water-pail over her. I then proceeded to take off her clothes, which were flannel. Her side and arm, from her shoulder down below her knee, was a perfect scarlet, and looked as if it was thoroughly cooked. I laid a blanket in my lap,

placed her on it, and applied cloths, all dripping from a pan of cold water standing by my side. This would give a moment's ease, and then she would again writhe in anguish. After a little thought, I wrapped two thicknesses of cloth all around the burn, to exclude the air while I changed the wet ones. Her intervals of ease became longer and longer, until she dropped to sleep, as I thought from exhaustion. How I dreaded the moment for her to awake, and again become sensible of her misery. I could think of nothing but one continued raw sore, from her shoulder to her knee. My work had been thorough; the water ran in streams around my chair, and from one side of the house to the other. What was my reward? She slept two hours, and awoke talking and laughing to herself, which she continued to do for half an hour before she asked me to take her up. Judge of my surprise on removing the cloths to find nearly all appearance of the burn gone, except the places where the skin was loose, and lay in wrinkles. When I first got her clothes off, I suppose the cold water from the pail did not reach there; these hung in one continued blister from her armpit on the inside of her arm, nearly to the elbow. Her whole-knee pan was one solid blister, running up the inside of her leg, over a spot about as large as what my hand would cover with the fingers spread. A good-sized burn, says one—so thought I. I had no idea of her using her leg or arm in one week. We contrived, by constant amusement, to keep her in the great chair the first day, after that all efforts were vain. Run she would, and she has attended to all her usual plays out door, and in falling down and getting up, and putting herself in all manner of positions, without any inconvenience. She has never cried loud, nor made one wry face with it, since her first nap. It is now the third day, and without any other dressing but a wet cloth, it shows a red, tender-looking new skin, without any signs of matter, or ever sticking to the cloth, and to all appearance it will be entirely well in three days more. The rest of the burn, besides the blisters, looks like a child's face that has been chapped with the wind. Doubters will say I was more scared than hurt. She was not half burnt in the first place. Let such tell me how came the inside of her arm and leg burned to a blister, the water falling from above, and she fell, her face to the floor, and the rest of her side not burned at all. Until they can, I shall give water the credit of doing more than, with all my enthusiasm, I had had any idea that it could do.

A WORD FOR HYDROPATHY.

BY SYBIL SELWYN.

MY DEAR JOURNAL—I frequently see in your priceless pages cases of "Home Practice," in which cures have been effected by the aid of Nature's simple remedies, which, if done by an allopath, would have caused his reputation to be proclaimed to suffering humanity with trumpet tongue. I, too, have washed and been healed, and feel like one of that glad throng who have been cleansed from their physical impurities. My song of thanksgiving has ever been hushed, lest its feeble notes should be lost amid the ascending chorus of louder and more harmonious ones. But now, as I daily see more and more of the beauty and truthfulness of a system that has restored thousands to health, and is rending the veil from the long-established "science" of medicine, and exposing its deformity to a wonder-stricken world, my voice must come forth in its praise and vindication, though its tones have not the strength of the clarion or the sweetness of the harp. Besides this, we want light in this region, for as yet that glorious flood of brightness which is fast deluging those eastern towns with truth, has not reached us, save a few straggling beams, which certain spirits are assiduously laboring to hide from our mental view. "Give us light! the pure light of

truth!" is the earnest supplication of many hearts, who are conscious of danger, while the dark cloud of allopathic night envelops them. Yes, give us light through your health-dispensing columns—not that bright, dazzling light that can only be scanned by eagle eyes, but a flood of milder rays that can be seen and appreciated by the mass.

Now we have those in our midst who claim to be learned, particularly in the "healing art," who decry, in the most bitter and unqualified manner, the system of Hydropathy, calling it one of the most UNSCIENTIFIC humbugs that has ever claimed the public attention! People do not apply themselves to learn the truth of the matter, but believing what these erudite sons of Esculapius say, to be gospel, they unhesitatingly prostrate themselves before the Juggernaut of scientific (!) medication, and suffer those mental and physical tortures consequent thereon. Another order of the above class admit the efficacy of water in some diseases, but assert that it is madness to consider it a panacea for all the ills that flesh is heir to; and are always sure to give more or less medicine in every case, and seldom, if ever, meeting with one of those diseases that require only Nature's simple remedies. But thanks to the monthly teachings of the *Water-Cure Journal*, pure water has achieved its initiatory triumph in this village, by vanquishing disease in my own person.

When I first came to this State, (some two years since,) I was a miserable, sallow-faced, tea-drinking dyspeptic, with a constitution by nature feeble, and by long-continued abuse rendered a most wretched tenement for the indwelling spirit. Enjoy life I could not, while constantly suffering from bodily disease. To prove a help-mate to my husband was alike impossible, for who can cheerfully, faithfully discharge the duties of a reasoning, responsible being, while both body and mind are vassals to physical weakness? Of drugs I had enough to destroy my confidence in their power to vanquish disease, and I was resolved to cut their acquaintance entirely. I sought that knowledge of the system of Hydropathy that would enable me to act intelligently in the application of water, and aided by the superior knowledge of my husband, who had long been a disciple to the true faith, I began to practice home treatment.

Then came the "tug and pull of war," and the generals that lead our mental forces to battle were obliged to show the most unflinching courage and untiring zeal in the struggle, to insure prompt and faithful action from the real laborers. Dear me! That shivering and dread of the daily cold sitz-bath, and the tri-weekly wet-sheet pack; that perfect abhorrence of compresses, and the semi-daily application of the wet-girdle for three months in the fall of the year; that morbid, craving appetite, that like the Israelites mourned its departure from the flesh-pots of Egypt, were enough to subdue stronger hearts than mine, and had there not been external circumstances that cast up a strong bulwark of defence about me, I should probably have succumbed to the enemy. I say this with shame, since habit has disclosed the genial and health-giving properties of water, and the blessedness of making appetite a vassal to reason; in which position it is one of the most cheerful and useful of servants. The battle is gained, and what is my reward? A release from one of the most horrible diseases that afflicts the human family—the joyous consciousness of possessing a key to the citadel of life and health—the pleasing reflection that my feet have been removed from the treacherous quicksands into which thousands are sinking, and placed on a broad and solid rock; one so broad and firm, that not only myself and friends, but the whole world, if they will, may stand thereon. And what is more, as I look upon my child, a fat, healthy girl of five months, who has never yet known the taste of "medicine," I have the assurance that she need not, of necessity, suffer the myriad of ills that fall so heavily upon my sex, but with the care and instruction which

an increase of knowledge will enable me to bestow, she may be kept as free from disease as the pure, limpid element into which she daily plunges, and that finally she may go forth possessed of a rich store of mental and physical strength, and a full knowledge of herself and her duties, to perform the mission assigned her. Is not this a pleasing reflection for a mother?

The history of my treatment before, at, and subsequent to her birth, is but the counterpart of many similar cases published in your columns, and need not now be detailed. Suffice it to say, that water was the only remedial agent used, either for myself or child, and that despite the solemn declarations of my friends, that my treatment was suicidal, MURDEROUS, my recovery was rapid, and my case became a source of conviction to many, and wonder and astonishment to all.

Do be persuaded, my sisters, you who desire a long and happy life, and would be found like the "faithful servant," at last, with an increase of talents, to test for yourselves the efficacy of this system, and verily a reward more precious than diamonds or pearls shall be yours.

[Sheboygan, Wis.]

COFFEE.

BY W. M. S.

THIS article has come into common use as a daily beverage since the commencement of the eighteenth century. The first seed was brought from Mocha, in Arabia, by Van Haorn, Governor of Batavia, and by him sent to the Botanical Garden of Amsterdam. It was afterwards cultivated in the East and West Indies, and in Brazil. The largest amounts imported into the United States are brought from Brazil, Cuba, St. Domingo, and Java. The amount imported from all these countries during the year 1851, was 152,453,617 pounds. During the same year there was actually consumed in this country, 148,920,491 pounds, or about six pounds to each individual. The average cost of Coffee to the consumer is about ten cents per lb. At this rate the sum paid by consumers for coffee in this country would be in the aggregate \$14,892,049 10 cts. This sum is actually paid by the people of this country for a luxury which has only come into general use within the last seventy-five years. How necessary it is for the people of this country to burden themselves with such a tax, we wish for one moment to inquire,

1st. Coffee is a *luxury*. However indefinite the term *necessaries* of life may be, it is sufficiently definite to exclude therefrom such an article as coffee. The health of body, the tone of the nerves, and the quiet peace of mind of thousands in this country who no longer use it, show that it is not necessary to health of body or mind. It is a luxury because raised and cultivated and brought from a foreign zone. All the necessities of life can be produced in our own zone, and even in our own country. The world existed for nearly six thousand years without coffee, and we do not know that men were less healthy in former times than they are now. We do not contend that all luxuries should be denied, but we do contend that some luxuries should not be used, and that all may be dispensed with.

2d. Coffee is a medicine, *alias* poison, and should not be known outside of that classification of poisons termed the *materia medica*. That coffee is a medicine is proved by its well known effects upon the human system. Its first action is that of a laxative to the bowels, but its long continued use results in constipation. In the *materia medica*, it ranks among the narcotic medicines, such as opium, hemlock, belladonna, tobacco, alcohol, and a variety of other substances. In a small quantity it stimulates the nervous system, but an increased proportion produces stupefaction. It slowly and surely exhausts the nervous

energy, and a consequent enfeebled action of the stomach and viscera follows. A substance of this nature cannot be daily used with safety. Dr. Pereira, who belongs to that class of physicians who are known to be advocates for the use of poisons and stimulants under all circumstances, and even when an individual is prostrated by sickness, admits that "the immoderate use of coffee is said to produce various nervous disorders, such as anxiety, tremor, disordered vision, palpitation and feverishness." We know, and thousands of others know, that coffee produces these effects; but we could not expect an advocate and lover of poisons to say more than Dr. Pereira has done. We might add, that one of the strongest evidences of the medical action of coffee upon the human system is found in the fact of its conquering the will and judgment of the individual who is in the constant use of it. In this respect it is similar to alcohol, tobacco, opium, and to poisons generally. There are thousands of persons in this country whose nerves, weakened and exhausted by coffee, and demanding it as a continual stimulus, are ready to exclaim with Abd-al-Kadir Anasari Djiezeri Haubali, son of Mahomet:—"Coffee is the drink of God's people; in it is health. Let this be the answer to those who doubt its qualities. In it will we drown our adversities, and in its fire consume our sorrows. Whoever has once seen the blissful chalice, will scorn the wine cup. Glorious drink! thy color is the seal of purity, and reason proclaims it genuine. Drink with confidence, and regard not the prattle of fools who condemn without foundation." Surely one would think that in this country we were good followers of the Mahometan.

There are some great errors very prevalent in relation to the use of coffee. Let no one imagine that because his brain and nerves are stimulated for a short time, that he has thereby gained any permanent strength, for it is a deception. Let no one imagine that because he feels warmer after taking two or three cups of hot coffee into his stomach, that he has gained any permanent heat, for it is a deception. Let no one imagine that because coffee does not immediately produce nervous disorders and general weakness, that it will not do so at some future time, for it is a deception. Let no father or mother imagine that they can innocently train their little ones to the continued and daily use of such a beverage as coffee, for it is a deception. And, finally, let no one be so foolish as to expect that there will be any universal millennium as long as fifteen millions of dollars are annually spent by this country in the consumption of the article of coffee. [Mercer, Pa.]

CASES OF SMALL-POX.

BY E. POTTER, M. D.

In August, 1851, I was called to see the youngest child (five years old) of Mr. Alex. White, of Chester, Ill., who, as the messenger said, had fever. I found the patient with the ordinary symptoms of small-pox, viz.: fever, restlessness, some pains in the head, back, and limbs, with a few pustules that had appeared on different parts of the person—it being (if memory serves me right) about the fourth day of the febrile stage. The family were believers in Water-Cure, and had, previous to calling me, given him water treatment, using the wet sheet, wet girdle, and pouring baths, in order to keep down the fever, not knowing the child had been exposed to small-pox. I gave it as my opinion that it was small-pox, although the parents thought it impossible, and not being aware of any exposure to it. I advised the wet sheet pack repeated, so long as the fever continued, with a pouring bath every time the sheet was used, and then the wet girdle constantly worn, changed once in two or three hours, with two to three daily baths. The child kept about the house nearly all the time, and suffered very little

inconvenience with the eruption, although it covered nearly the entire surface. It was of the distinct variety, yet the pustules were so close together, that the end of the finger could hardly be put on the surface without coming in contact with the pustules. After the eruption was fully out (and until then little or no food was taken), the wet girdle was discontinued, but the daily ablutions were continued all the time, and with the most happy results, for when the pustules disappeared (dropped off), he was quite well, with very little pitting of the surface. Mr. White, and the rest of the children (Mrs. White had been vaccinated, and did not take it), six in all, took the disease, and received a similar treatment to the youngest child, and all kept about the house the most of the time, yet they had the disease severely—that is, the eruption covered nearly the entire surface, so that they could not with ease remain in a sitting or recumbent posture, and consequently were more comfortable walking about the house. During two or three days after Mr. White and the children broke out with the eruption, they moved into a new house with just the roof on, without doors, windows, or fire-place, and without any ill effects (hope this will serve as an eye-opener to those that are afraid of pure air—yes, and water, too), but on the contrary, the most happy results that could be expected, with a speedy, a perfect cure, and feeling no ill effects either from the disease or the treatment. During the progress of the disease in Mr. White's family, a Mr. Garrison, of Jefferson county, Ill., called to stay all night with Mr. White, and he informed him that they had small-pox. Mr. Garrison replied, he thought not, or they could not be about the house, and he was not afraid of it, so that Mr. Garrison, lady and one child staid over night. Went home, took small-pox, he and wife—got over it with a narrow escape—the child died. Mr. Garrison's father's family took it—his father, mother, and one sister died with it, others were quite blind (while the family of Mr. White all got well, and did not have their eyes injured), and came very near dying. What treatment they received I do not know, but it was not Water-Cure.

Dr. Swanwick, in the vicinity of Chester, visited Mr. White's family (out of curiosity); he said that the symptoms were all like small-pox, but he thought it could not be, as they could not be about the house,—not knowing that it was the treatment that kept them up. I have the permit of Mr. White to give his name in this article, of whom any one can inquire if they doubt the statement. [Quincy, Ill.]

A WORD FROM THE WEST.

BY MRS. M. J. COLBURN.

I HAVE watched, with intense interest, the progress of this new method of cure. I have studied its principles, applied it to myself and family, practiced it professionally in Mass., and now am following the same vocation in this Western region. I have spoken in its favor in public and private, as opportunity offered and strength permitted; and everywhere have found some, ready to give up the old systems of drug practice for this more excellent way. Yet, the West is the place for the rapid spread of this glorious gospel. The fields here are white, already, for the harvest. The dwellers on these vast prairies, and in these extensive valleys, seem imbued with a freer spirit than the inhabitants of the older and more pent-up East. Less reverent of the past, less conservative of the present, they treat innovation with more consideration. This section of country teems with a drug-poisoned population. Men and women of middle age, who should be all life and vigor, are but the miserable, worn-out remnants of humanity. Their history is briefly told. Years ago they left their healthful New-England

homes, strong in body, ardent in hope, to seek their fortunes in the richer soil of the West. Wanting one thing needful—a knowledge of the laws of life and health, they ate of whatever the country afforded, exposed themselves to the influences of its different and untried atmosphere, drank water from the surface of the ground, became sick, took drugs, and lo, the sequel—dyspepsia, rheumatism, and the whole train of chronic diseases. Surfeited with calomel, quinine, &c. &c., they are waiting for the angels of Hydropathy to apply water, that they may be healed.

Passing down the canal from Chicago to Peru, in a packet-boat, I fell in company with some fifteen or twenty lady passengers, all deeply interested in the Water-Cure. I gave them an off-hand lecture upon the adaptedness of water-treatment to the diseases of women. When I had done, they brought me their sick, to inquire what could be done for them. A mother came with her little son of five years, who was minus almost the entire right lung. The poor boy had been drugged to the verge of the grave; at that point the mother dismissed the doctor, procured some books on the Water-Cure, commenced treating him herself, and the consequence was, rapid improvement in health, and when I saw him, he seemed quite playful and happy.

One lady said that nine years ago she was given over by physicians and friends as hopelessly sick of consumption. In this forlorn condition she gave up medicines entirely; went South at the approach of winter, North in summer; bathed daily; lived much in the open air; ate abstemiously, and thus cured, was on her way to California.

And now let me add the treatment of two cases of diseased infants. I would do it for the encouragement and benefit of mothers, and especially western mothers; for I know there are many such, far removed from any Water-Cure physician, who study this journal diligently, that they may learn how to apply water, should sickness attack their little ones.

Soon after my arrival in this place, I was sent for, to visit a child with croup. An infant of four months, struggling for breath; its little chest loaded with soap and oil, applied by some kind friend for its relief. Of course, the first indication was to relieve the external organ—the skin, and then attempt the same for the internal organs of respiration. In a short time the little one was breathing freely, and sleeping quietly. These parents had buried three children. Two were treated allopathically, and the other taken just as this little sufferer, was treated botanically, and died in twenty-four hours. The father remarked, "That if this only child must die, he wished it to die clean, and of a natural death," and so had sent for a Water-Cure doctor.

In a few hours after, I was called to visit another little sufferer—a babe five weeks old, exceedingly restless, with high fever, hard cough, and difficult breathing. The mother sat by it weeping, because of the strange fatality that attended her children; four had died (under drug treatment), this sick one, and a daughter of eight years, suffering from the effects of calomel, were all that remained to her. I feared this would prove a hard case. The lungs seemed greatly inflamed. I went to work immediately, and as the fever cooled off, the breathing became easier, and the little one fell into a quiet sleep; the mother's countenance brightened; hope whispered that even her babe might yet live. I watched carefully both these cases for a few days, and then discharged them cured.

The treatment of such little patients, of course, was mild. A bath night and morning, and the wet compress on the chest and throat, renewed whenever it became uncomfortably hot, were the general remedies. Whenever there was much fever, the body was wrapped in a wet towel and snugly packed in blankets, care being taken that the head be kept cool and the feet warm. Thus enveloped, the patient would sleep

some time; as soon as it became restless it was bathed, wiped dry, and the compress again put upon its chest. The bowels were moved daily by injections of tepid water. A severe griping pain was instantly relieved by applying to the bowels a cloth wrung out of warm water. In one instance the urine was passed with slight traces of blood, and afterward retained an unusual period. This difficulty was overcome by the application of warm water to the lumbar region, and to the constricted muscle of the urethra.

Cold water was applied to the head only. The baths were a little below blood heat.

Now, when this simple, yet efficacious remedy, shall have been universally substituted for *drugs*, how many weeping mothers will smile again; how much of suffering vanish from earth, and how much joy be introduced to its inhabitants. [Maline, Ill.]

OLD AND NEW ISSUES.

NUMBER I.

BY H. D. L. W.

TIME and things change. Customs, surely, though slowly, adapt themselves to the world's advancement. Ancient rules subserve their day, and yield to new and better. That which has been revered on account of its age and venerable bearing, relaxes its grasp upon the affections of the people, and is put by with musty tomes and antique relics, to be gazed upon with wonder and surprise by the student of history. Politics, science, and theology are not where they were, nor what they were. Not that Truth has changed or improved; but men's *conceptions* of Truth have. What was conceived as truth fifty years ago, is anything but truth now. In fact, some of the blackest heresies, some of the most contraband theories of that day are orthodox now. Woven into the very life of acknowledged science, even of the Old Schools, are some of the most anathematized innovations of the past. Extremes have met and fraternized, coming often on common ground. Wild notions, and strange principles, which startle at first, are soon received into favor; ultra claims compromise with conservative pretensions; and the established systems of yesterday sit "cheek by jole" with the new developments of to-day.

Galileo revives and improves the Copernican theory, that the earth or planets revolve round the sun. Forthwith the dogs of persecution are let loose upon his heels from the Vatican at Rome. "He speaks against Moses—he gives the lie to our holy traditions!" cry an aroused hierarchy. In vain he invited them to examine into the truth of his theory; in vain he offers to submit his hypothesis to their most rigid criticism. What are the philosophical deductions, and geometric demonstrations of a heretic to an infallible church? Will an infallible church acknowledge its error—give up a universally received theory, attested by the holy fathers, for a mere matter of science? Bellarmine and Verban forbid! Galileo, you must hush! There is still power in the dungeon and the rack. The dungeon and rack are tried. The grey-haired astronomer is crushed; but is Truth? No: the dungeon may stop words, but not thought. The people have caught the ideas that dropped from his lips and pen, and they will think. Higher, still higher rises the tide of scientific revolution in the minds of the masses. It threatens to swallow up tradition in the church, and shake the very pillars of papacy. Will the church be overcome by science? We will see. Hardly has the voice of poor Galileo died out, ere the shrewd Jesuitical priests throw themselves right into the popular current, and engraft the new hypothesis as the property of the church! Better canonize a heresy than be successfully cannonaded by it, they think.

As with astronomy, so with the other sciences. They have all been proscribed, sneered at, frowned

upon, called hard names. Each has been an infidel humbug in its day. Did the world dare take them up, examine their claims, and attempt to refute them? No; it is far cheaper and more convenient to ridicule or anathematize, than attempt a scientific refutation. Catch old conservatism candidly sitting down in her easy-chair, and giving a reason for her opposition to any true reform? Not she. To pronounce any new development a fascinating delusion, or vile humbug, puts an end at once to the controversy, so far as she is concerned, and thereby saved the embarrassment of endeavoring to answer knotty questions.

But whether she attempts an answer or not, the *delusive humbug* sweeps on, and what must be done? Why, weave some of the main principles, some of the fundamental features into her old orthodox garments, and say, "ha, ha! you have got nothing new! Every essential principle was known to the faculty years ago!" With all her affected dullness in some matters, the old jade is shrewd at times, even to a lie. She is more stubborn than stupid, a good deal. Her fault is not so much in perception as will. Her heart is a great deal worse than her head.

A few years ago, within the remembrance of some whose hair is not yet white, might be seen, or rather heard, (for the room was kept so dark and close, that it was difficult to see,) a poor distressed creature, in the last stages of consumption. She is pale, thin, a mere shadow, emaciated. Once beautiful, still young, she was the pride of an affectionate household. The physician is by her side, holding in his hand a *cup* or *scarrifier* with which he is about to extort a few more drops of blood from that almost bloodless girl. We will throw back that robe from her chest—what scars are those? Ah! there is where they have applied the life extracting cups and leeches. What is this, covering two thirds of that skeleton chest? There is where they drew a blister, as a *counter irritant*. And this? That is a *tartar emetic* sore—another *counter irritant*! True, it extended rather further than intended: having eaten down, making a small aperture into the cavity of the chest; yet it was only meant as a *counter irritant*! What is the matter with the mucous membrane of the stomach? Inflamed by calomel, given to arouse a *torpid liver*. Why is the room kept close and darkened? To keep the cool air from coming in contact with an over delicate frame, and the light from causing pain to an optic nerve, rendered diseased by poisonous narcotics and opiates. A mother comes in, with all the affectionate yearning a mother alone can feel:

"Doctor, how is my child to-day?"

"Ah! dear madam, there is little hope—your child seems sinking!" Yes, doctor, you too, would sink with such treatment as that. Take the strongest, most robust constitution possible, and it could not bear many months the amount of blistering, bleeding, cupping, leeching, tartarizing, calomelizing, narcotizing, such a loss of pure fresh air and cheerful light, as you have subjected that frail girl to. That physician has grown older now. He is again called to treat a patient for a lung difficulty. You go into the sick room. Light and air are freely admitted now. The liver of a consumptive is not half as torpid as it used to be. It does not require near the amount of counter irritants as formerly. Few cups or leeches are used. The patient is allowed plenty of ice to cool or moisten parched lips—if too much heat is noticed in the chest, frequent bathing with cold water is recommended. Has the doctor renounced the old school of practice? No, not the school, but a good deal of the *practice*. What has changed his method of practice? The *water-cure reform*? "No—that is nothing new—the schools have for years understood and practiced with a use of all that is worth anything!" Oh! doctor, it is hard to own the whole truth at all times. You know, or ought to know, that the *water-cure reform* is slowly, yet surely, revolutionizing your schools. Every day you are giving up some of your old notions, and adopting

new and better. Fifty years from now, calomel, the lancet, and the long catalogue of mineral and vegetable poisons will be banished from the physician's shelves. Already the controversy has changed from, *how* to use them, to *when*. Old issues are not new issues—they are changing day by day. But then, these new issues have not been voluntarily taken up by the Schools. New developments, some of them accidental, others worked out of the solid granite of earnest research, and scholar-like Thought, have forced the Faculty to change ground, and give the lie to their books.

A poor fellow is attacked with fever. The physician is called in. Nature calls for water in that burning thirst; the doctor calls for a bowl and bandage. Nature demands water to put out the fire; the doctor attempts to draw away the fuel, thinking thereby to quench the flames. Then attempts to counteract, by kindling a new fire with calomel, and the like. The patient grows worse. Begs for a drink of water—pleads for it with tears. No, he cannot have a drop; it might prove fatal. But, doctor, Nature calls for it, is she mistaken? "The old jade lies; it is against science—against the experience of the past—against our books—against the Schools; the patient must not have a drop of cold water." The fever has its regular run—the crisis is past—the case is hopeless—the patient must die. The doctor turns on his heel and is gone. The doomed man asks as a last boon, a drink of pure cold water. Friends shake their heads. He pleads, and with fear and trembling they grant him his request. A pitcher of cold water is brought from the well. He drinks, and pants, and drinks again, until the pitcher is drained. He falls back upon his pillow—falls into partial unconsciousness. Friends gather around and weep, and watch. Ha! by and by perspiration bursts forth in blessed profusion! He falls to sleep—sleeps sweetly as a child. He awakens refreshed,—his fever is gone. He gets well.

A man is passing along the crowded streets of a city, and drops down in a fit of apoplexy. A common laborer sees him as he sits in a barber's chair; he jumps up with the lather still wet on his face, catches up a pail of water, rushes out, and dashes it on the man's head. In two minutes he is up and isled home, and recovers. Hardly has he left the spot, though, ere Doctor Lancet comes up puffing and blowing, with bandage and instrument in hand. His patient has gone home! No blood is spilt! Blouse has out-generated the Faculty this time. And do the Faculty note these facts down? They may affect to *poh!* and *pshaw!* but they are remembered, and to advantage, too. It is thus that they have been driven into it. Step by step are they yielding before the progress of the age. Inch by inch do they give back to the onward march of Truth, they begin to feel, that,—

"New occasions teach new duties;
Time makes ancient good uncouth;
They must upward still, and onward,
Who would keep abreast of Truth."

It is well they move along at the last straight, but it would be far better, were they to move forward in advance, than be dragged along by Blouse and accident. However, these things are in the past. Science has got hold of the subject and is weaving out of that web of accident and first principles, a *system*, which will adapt itself to all circumstances. Though the Reformer has poor material to work upon: the broken-down wrecks of past ignorance and error; yet out of those dry bones, he is producing living stones for the great Temple of physical beauty and health. When a few generations are passed if he perseveres in his work, he may lay aside his Hospitals and Retreats. The world will be physically regenerated.

[Stafford, Ct.]

"Receive instruction with gratitude."

TOBACCO.

BY WILLIAM H. WANDELL.

In Nature's Garden in the West,
Uncultivated and undressed,
A Plant there grows—a noxious weed—
Unfit for Man or beast to feed.
For centuries it had waved its leaves
Like banners in the passing breeze,
Till Man, the lord of earth's domain,
Resolved it should not grow in vain.
By foul experiment he found
'Twould neither kill nor make him sound.
Though noxious in its taste and smell,
Like Ardent-juice 'twas loved as well.
Likewise to give the matter fame,
TOBACCO formed its precious name.
Next Art was sought in eager haste
To outwit Nature in her taste;
And cheat her of her natural right
By this foul, vicious appetite.—
Thus perseverance works complete
And use turns bitter into sweet.

And now behold each distant nation
Rush to embrace the dissipation,
As though 'twere nectar from the rose,
They strain to fill the mouth, the nose
With snuff, the quid, the pipe—and strain
Their lips with the like dose again,
Till sickness comes—the poison takes—
The stomach heaves, the cranium aches—
Derangement o'er the system spreads
With trembling hand and dizzy head,
Till Nature succumbs to the ails
And *habits* o'er the whole prevails.
Infatuation, oh, how strange!
To bring about so great a change!
For Man to hug with passions new
The worst of weeds that ever grew;—
That Plant which every creature shuns
Man seeks, and uses up by tons.

See! how he chews the quid within,
Lets fall the juice adown the chin—
Profusely flowing from his mouth
Like clouds surcharged from the South;
And in its downward course to fall
Besmearing clothes as well as wall;
Or what is worse, in mass to pour
Its essence out upon the floor;
And there, like filth long to remain,
Or, if removed, to leave a stain.

Our fair companions must submit
To be immersed in smoke and spit.
The poisonous Weed the Loafer smokes
The more annoys, the more provokes;
For who can shun the smoke and smell,
And in the Land of Freedom dwell?
Where such a host of smokers live,
Without restraint offence to give,—
And yet the Smoker firmly stands
With visage bland and folded hands,
As though our ills were not enough
But he must aid them with a puff.
Alas! this passion, grown too strong,
Is universal as its wrong.—
That Lady, too, who sports a muff,
Takes, now and then, a pinch of snuff.
Her toilet-box, imperaled, chaste,
Holds grim Tobacco near its base.
The hideous Monster in his cell
Of gold and jewels slumbers well,
Until his jailor takes him out
And thrusts and scatters him about,
Some in the air, some up the nose—
The rest upon the carpet goes.

The little boys, and misses too,
Must act as pa and mamma do.
They smoke and snuff from morn till night,
Until they learn the practice right;
Nor stop to think what others say
Who never learned this foul display:—
No! on they rush to Ruin's brink,
And in the stagnant whirlpool sink!

At taverns, and such common places,
Men stick cigars close to our faces
And smoke—till smoke ascending higher,
Fills all the room as though on fire:—
Which cloud becoming thick and stout,
Soon *smokes* the unconsumer out.
They laugh to scorn—have they compassion?
No! Why? Because it is the fashion.

The moral Priest whom men obey,
His precepts golden smokes away;
His own example to his charge
Gives sanction to the vice at large.
The Doctor comes in for a share
Of practice—and of poisoned air.
The Farmer and his Mutton gray,
Are prone to smoke the hours away.
The Gentleman who lives in style,
Must follow Fashion all the while—
Dwells at his ease, unhurt by pain,
Puffs—lights his pipe and puffs again.

Its Fashions wild, delusive dreams,
Which lead men on to such extremes,
To torture body, mind, and taste,
And on to fearful ruin haste.
Ah! Fashion with her magic wand
Holds nations at her mute command.
All minds are bent her ways to bless,
As the great Source of Happiness;
They tremble at her slightest nod,
And bow the knee as to a god.

But ere my lyre shall muteless be
Or cease its wonted melody,
A word, kind Reader, ere we part
About this subject of the heart.
What should be done to stay the hand
Of this arch-enemy of Man?
Long has he ruled with ruthless rod,
His countless subjects as a god.
His realms extend from sea to sea,
All—all—his Principality.
Tyrant! Demon! Loathsome Sight!
Whose sceptre's the Cigar and Pipe,
When will thy relentless hand be stayed,
And all thy vile enchantments laid?
Even all the offerings burnt to thee,
Are symbols of thy deity.
Thousands do homage at the shrine
Of thee and thy twin brother, Wine.
Thy willing tools, they wear the chains,
Forged in the fiery Pit's domains,
And slumber happily till hurled
By grim Death to the Spirit World!

Friends of our Race, united come
From palace-hall and mountain-home.
Gird on your armor—ready be
To battle with our Enemy.
That God who aids the good and just
Our Foe will humble in the dust;
While our huzzas—the conflict o'er—
Will rise and ring from shore to shore
'Tobacco—Tyrant—is no more.'

WATER-CURE IN CHOLERA.

BY E. POTTER, M.D.

On the 8th of July, 1852, I was called to see Adam Loosa, of this city, (Quincy, Ill.) who had Cholera—had Cholera diarrhoea some two or three days previous. On the morning of the 8th instant, was taken with a very violent attack of cholera; was treated homœopathically, until about 4 P.M., when I was requested to take charge of the case; and at that time it was considered almost a hopeless case by all who saw him. The doctor also giving it as his opinion unfavorable, in every respect. The symptoms at the time I first saw him were, profuse perspiration, skin cold and clammy, and to the feel felt more like a raw (beef) hide than anything I can compare it to. The hands and feet were shrivelled, white, corrugated, and sodden, like those of a washerwoman after a long day's work, the skin

blue and purple, the lips blue, eyes sunken very much, voice peculiar and faint, hearing gone, pulse at the radial artery almost imperceptible, and discharging both by emesis and catharsis, a white frothy watery fluid, with little or no pain, and sometimes the discharges from the bowels were involuntary, with a most violent internal heat, and almost constantly calling for cold water to drink.

The spasms at times were quite severe, recurring every few minutes, and extending to the upper and lower extremities, and sometimes to the stomach and bowels; and now for the treatment—and, in the first place, let us take a glance at a declaration of a very eminent allopathic doctor of Europe, so that if, peradventure, a reformer should lose a patient, the cry in justice cannot be raised, it was *cold water* killed him. Now, Dr. Macintosh says that "no better evidence can be offered of the ignorance of the profession generally, as to the nature and seat of any disease, than the number and variety of remedies that have been confidently recommended for its cure," and that this was never better exemplified than in the cholera. Without pretending to give all the remedies that were recommended for this disease, he cites the following catalogue, made out at the time it prevailed at the City of Edinburgh:—Venesection, (bleeding,) cupping, dry-cupping, arteriotomy, (blood-letting from the arteries,) emetics of mustard, ipecacuanha, antimony, and sulphate of copper, calomel, colocynth, singly and combined, castor oil, croton oil, jalap, opium, calomel and opium, fluid mercury, mercurial frictions, opium combined with antimony, opiate confection, colchicum, cajeput oil, peppermint oil, capsicum, charcoal, camphor, variously combined, ether, mint tea, nitric spirits, spirits of ether, magnesia combined, lime water, alkalies, aromatic spirits of ammonia, Dover's powder, oxide of bismuth, various balsams, acetate of lead, nitrous acid, soda water, cold water ad libitum, water prohibited, effervescing draughts, strychnia, various rubefacients in the shape of frictions, sinapisms, embrocations, various contra-irritants, as blisters, antimonial ointment, moxas, actual cautery, bastinging the feet, cutting the throat, suffocating under a feather bed, injections of oxygen gas into the bowels, the application of heat in the shape of warm bath, fomentation, dry heat, the application of cold, galvanism, injections of beef tea, starch and opium, camomile tea, hot water, cold water, strong solution of fusible potash, tobacco, port wine, alcohol, sulphate of copper, acetate of lead, etc., Steven's saline injections into the veins.

Elsewhere Dr. Mackintosh says: "In the Drummond Street (Edinburgh) Hospital, we fairly tried all the remedies recommended, but observed no advantage from a large majority of them." Dr. Candie, of the Southwark Cholera Hospital, Philadelphia remarked, "he had seen stimulants freely administered in the stage of collapse; but that, instead of a gentle heat of the skin, a gradual increase in the frequency and volume of the pulse, and diminution of the burning sensation and uneasiness of the stomach, being produced, all of a sudden; there has been developed an intense burning heat of the surface, a dusky redness of the face, increased gastric (stomach) distress, great restlessness, which, after lasting a short time, have been succeeded by deep coma, (stupor,) low muttering, delirium, dark colored flaky discharges from the stomach, substiltus tendinum, sometimes convulsion and death." And he also remarks that, "internally, the only remedy he had found not absolutely injurious in this stage, was powdered ice, or ice water. Dr. Tappin, of New York, in Hospital Reports on Cholera, says: "When the disease is approaching to collapse, in addition to the above treatment, (by calomel, etc.,) I employ the means of restoring heat more actively, and give ice freely, directing the patient to chew it, and swallow it as fast as possible. It is found to cause reaction when thus given more speedily than any other remedy I have seen employed; and it has the additional

advantage of being very grateful to the patient, and is also one of the most effectual means of allaying thirst, and relieving sickness of the stomach and vomiting."

I have thus quoted at some length from eminent authors, and would like to enter into the subject more at length, but space will not permit. First, I wished to show the inefficiency of drug medication; and, second, that there is a far better and surer, and more pleasant mode of treating the sick.

Now for the treatment. We first gave him a hand bath, hands wet in cold water, with pounded ice, all he could swallow, and occasionally ice water, in about ten minutes, a cold hip bath of three minutes, then a wet girdle, and almost constant rubbing, with the hands wet in cold water, in fifteen minutes the rubbing wet sheet, followed with the dry one, then another short hip bath, and every fifteen or twenty minutes an injection of cold water, (the water used was cistern water, with ice in it.) This treatment was kept up during the afternoon, and at night repeating the appliances as the symptoms demanded, and was most grateful to the patient, and successful in allaying thirst and gastric (stomach) irritation, stopping the discharges from the bowels, and relieving the spasms, (cramps.) By morning of the 9th, the vomiting and sickness at the stomach had all subsided, the discharges from bowels had stopped, the corrugated hands and feet, the cold clammy dry skin, was changed for a natural warmth, perspiration slight and warm, hands and feet with their natural appearance, and a return of blood to the surface, and is quite comfortable, but is quite weak. To-day took several hand baths, one injection—improved all day. At 9 P.M., took two or three spoonfuls of cold rice water, with a little flour starch in it; slept well most all night. 10th., 5 A.M., took hip bath of three minutes, and finished with a general ablation; put on wet girdle, with orders to have it wet every two hours, and a hand bath at the same time: took a little cold rice water; is improving straight along; has no consecutive fever.

11th. Is entirely convalescent, appetite good; in short, feels as well as ever, with the exception that he is somewhat weak; but he can walk around his room. I have made this article rather lengthy, but it is an important case, and ought to be laid before the people, so that if the doctors will not use a successful remedy, and one that, if properly used, will do no injury, the people should read and learn for themselves. With the permission of the patient, I give his name, which is Adam Loos.

[Quincy Water-Cure.]

"A FARMER'S EXPERIENCE."

Near Baltimore, Md., July, 1852.—GENTLEMEN—I take pleasure in asking your acceptance of my brief experience of Hydropathy. Few can have greater cause for gratitude to the Father of all mercies than myself, for the happy effects of the water-cure. About three years ago I was in a very low state of health, (as I have been frequently from infancy, being naturally extremely delicate:) for weeks previously to my confinement to bed, I was susceptible to every cool or damp change of weather, and especially to an easterly or north-east wind—my nervous system was quite broken down. I suffered no bodily pain, excepting the distressing sensation which originates from loss of sleep; this I could not procure at any price. I resorted to the best medical aid which the Monumental City could furnish: I had the constant attentions of a most faithful M.D., with the advice of four others, and from hop tea to prussic acid and a vast number of other opiates, I was doctored till my faith in such remedies failed; sleep I could not, more than two or three hours in the twenty-four, for upwards of thirty days. After many months, however, I recruited very slowly, only to fall back again in my former sad condition; my sufferings of mind from lowness of spirits, originating no

doubt from weakness of body, were very great in deed. I do not think I could have weathered the storm had not my heart been sustained by faith in the promises of our Holy Bible. In my extremity I sent for a physician of eminence, who knew nought of my condition. I hoped that he might find out the cause of my ill health. He professed to do so, most confidently applied his remedy, but alas, sleep I could not, though I not only inhaled to stupefaction, but actually drank ether and chloroform. My disease was termed spermatorrhea and thought to be brought on by the youthfulness of M — f; though for twenty years past my habits had been strictly correct. I have since doubted the M.D.'s view of my case, though at the time I had such confidence in them that I submitted to a cauterizing of the prostate gland, &c., this operation set up an inflammation which was quite unpleasant for months. At this juncture of my sad state, I read your advertisement in the Christian Advocate and Journal on the subject of the water-cure. I at once sent to you for the *Water-Cure Journal* and several of your valuable books, called the attention of my M.D. to them, and he kindly loaned me "Bell on Baths." I, after reading the same, became a partial convert to your views, obtained a bath tub and shower also, and never will I forget the delightfully composing effect of my first tepid bath. After taking a few of these, thanks to kind Heaven, I could sleep much better—but I soon discovered not only by your books, but experience also, that warm baths debilitate while cold ones strengthen, and so soon as I could prudently commence them I recruited more rapidly. I had, however, an enemy of twenty-five years standing to encounter, dyspepsia, attended with serious constipation, this by a few weeks of careful attention to the use of unbolted wheat flour, &c., cold water injections and sitz-baths yielded to my great joy. Thanks to kind Heaven, the water-cure, though practised at home, by the mere aid of your Journal, &c., has done great things for me. My general health is now better than for ten or fifteen years past, though I never expect to recover from the injurious effects of calomel and other drugs taken in the days of youth, &c. Was it not the time of harvest with us, I might take occasion to mention several cures which I have effected, and other interesting circumstances connected with the good cause. I seize only, however, a few spare minutes hastily to communicate the above, and also no longer to postpone to say that there is a fine opening for a physician in our section of country, and doubt not he would do well. I would be much delighted to have a regular water-cure M.D. near us, and would promote his interest to the best of my ability. As I am a stranger to you I beg to refer you as mentioned below, &c. I am, gentlemen, yours very respectfully.

AGRICOLA.

P. S.—Should you know of an M.D., (water-cure, of course,) who would like to locate himself near Baltimore or in it, I will take pleasure in giving him any information in my power; should you have a surplus of back numbers of the *Water-Cure Journal*, I would cheerfully distribute them; probably they might be the means of obtaining subscribers. I buy them occasionally of your agents in Baltimore, J. W. Bond & Co., to whom they might be forwarded at my expense. I have offered two of my sons the privilege of studying the water-cure system. Should they conclude to do so, I may take the liberty of consulting with you respecting the M.D. of highest standing in your city to whom I could send them.

THE ROCK SPRINGS WATER-CURE, of Marietta, Georgia, conducted by CARY COX, is announced by advertisement, as having been fitted up for use, both Summer and Winter. For terms, etc., see advertisement. We hope to receive a report of cases treated by Dr. Cox, during the present year, in Georgia.

LETTER FROM MRS. GOVE NICHOLS,

TO THE WOMEN WHO READ THE WATER-CURE JOURNAL.

MY SISTERS.—I do not regret the absorption I experience in my world of work, except as it hinders me from doing pleasant things, and one of the most pleasant works that I would do, and do not, is to hold frequent communication with my sisters who are readers of the *Water-Cure Journal*. The thought of *Water-Cure*, and the earnest love of it, came to me twenty years ago. Twenty years ago this summer, I began to practice *Water-Cure* in several of its branches. My first knowledge of it was derived from Allopathic works, and the practice of two Allopathic physicians in our vicinity. Since that time I have diligently studied and practiced, and I am satisfied that I understand the diseases of women and children, and their best mode of treatment by water, and its natural adjuncts, better than any one it has been my fortune to know, if I except those I have educated. I make no apology for this egotism, only that I believe it. I have devoted myself for years to the healing art. I feel now a new necessity. Another thought has come to me, with the same force and the same prophesy that the understanding of *Water-Cure* came. I am sure the public is ready for it. I now see and feel that our country and the civilized world is to be educated into the knowledge of Health Laws.

Last year we established our medical school. It was successful beyond our most sanguine hopes. Forty pupils from this school are scattered over this country—centres radiating light to more or less interesting circles—but all doing their work faithfully.

To each of those students whose eye shall rest on these lines, I give again my blessing, as a mother blesses her child. I would that I could give the hand that writes as easily. But it is much to me to have the faith that wherever they are, they are about the Master's business.

We want to give every hamlet in our country a qualified *Water-Cure Physician*. We want every city to have its scores of teachers and healers. We want, most of all, that every *Water-Cure physician* should be an able teacher. But this is not all our work. Health is the basis of all education. All learning is useless without it. Many young persons are ruined physically, whilst they are getting an education. Young women whose happiness and health, and future usefulness are thus wrecked, are very numerous. Bereaved parents are everywhere. The inquiries addressed to us by parents respecting schools, where health conditions could be secured, induced us to think seriously on this great want of the community, and ultimately we decided to add one academical term to our other work. This term has been eminently successful. We only concluded to enter upon this portion of our enterprise, a few weeks before we commenced it, and had therefore a very limited period for advertising. We have had, notwithstanding, twelve young ladies, whom we have taught mostly by oral instruction, the following branches:—Geometry, Astronomy, Physical Geography, Natural Philosophy, Chemistry, Anatomy, Physiology, Mental and Moral Philosophy, and Elocution. Some of the pupils have attended to music and drawing. My own course of teaching has comprehended, 1st, Health as a basis. I have given about forty lectures on the laws of health and *Water-Cure*. 2nd. Morals and manners. 3d. English composition with examples by myself and the scholars. I have also given lectures on the life and genius of great women.

Callisthenics, gymnastics and dancing have been taught, and boat-rowing, sea-bathing and other athletic exercises. Strength and grace have thus been acquired in a greater or less degree by all.

In discipline we have gone on the principle that, that government is best which governs least. Most of the young ladies have been at different times, or all the time under *Water-Cure* treatment, for chronic, or oc-

casual illness. All have improved greatly in health, and in every other respect. All have been encouraged to wear a healthy and proper dress, and I have set the example. The Gymnasium Dress, which I believe was introduced in this country by Madame Hawley, and has been many years in use in the Gymnasiums of our cities, and which has been named the "Bloomer Dress" in these latter days, has been worn for exercises, boating excursions, &c. I wear this dress for all the active purposes of life. Though not the best dress for active life, it is a great advance on the long bags of drapery in which woman has hitherto been enveloped. The town in which we live is a quiet country place, where mobocrats are not encouraged, and where we have been allowed to lose the unpleasant consciousness of our change in dress. In New York a comfortable dress has been the most uncomfortable the past year, but the world is fast growing better. No one here is required to wear a proper dress, but the sphere of freedom and light has set all lungs free, and though all of us prefer long drapery for periods of repose and inactivity, yet all see that long skirts are out of place in the Gymnasium, in the woods, in boating, and in the mud. As they come to see more of the necessities of life, we hope for greater changes in accordance with health and elevation.

Our school has been like a family to us. My daughter has been engaged with us in teaching. Some of the brothers of the young ladies have been with us, and if we had not before believed the fact, we should have become perfectly satisfied that the presence of the two sexes in an institution, does not hinder their improvement, but may be made subservient to it. Though our academical term must be mostly confined to young ladies, on account of the limited extent of our accommodations, and the greater necessity for the education of women, we still look forward to a seminary that shall be after the Divine pattern, male and female. Our medical school in both terms, had about an equal number of men and women, and our applications for the coming term are about equal.

We shall evolve our idea of education as fast as we can, with our moderate means. If we had material wealth to equal our mental resources, we should proceed much more rapidly. Perhaps these lines may fall under the eye of some one more blest than we are in worldly wealth, that basis of good, when there is wisdom to improve it. To such an one I would say, help forward our enterprise, if you would hasten the day of human redemption. I know how many of you, my sisters, who sympathize in our undertaking, will raise your hearts in prayer that God will give us the means speedily to realize our idea. Men of Wealth, who know the value of our work can enable us to educate young women who have every good in embryo, and no means of development. What an incalculable blessing to these, and to the world, would be that money that is destroying many by enervating luxury. I but allude to this subject of help to realize our thought, because a word to the wise is enough, and volumes would not prepare the unprepared, to understand, or to assist in realizing our idea. We want ten thousand dollars to-day, to enable us to do the work that we see immediately before us. Any portion of that sum will help. With regard to our sphere as Water-Cure Physicians, it will hereafter be much restricted. We want no patient who only pays money to be cured, and who gives no hostage to Heaven for future usefulness. We do not want to cure any sinner, that he may sin more. But those who are useful in their life, who are worthy workers in their Lord's Vineyard, we will cure, so far as we can. We expect to renovate the constitutions of our pupils generally, and several families are here, with most of their children this summer. Persons of large usefulness have been with us the past year, learning and practicing the Truth in this long neglected department of Life and Health, and consequent usefulness.

Henceforth we do not consider ourselves doctors in the common understanding of the word—though we shall not neglect to do the highest good in this department, but we consider ourselves educators—set apart and qualified by Providence for the work. We will educate men and women for Physicians and Teachers of health, and young women to be wise wives and mothers. We will make the most beneficial impression on the world that is possible to us.

My Dear Sisters, I have told you my thoughts this morning. To many of you I am personally known. These will accept my heartfelt salutation. Those whom I do not know, are my friends, if they are friends of the Truth, and so between us all there is a common bond. Whoever has the good of humanity more at heart than personal comfort, or an individual ambition, is my sister, and my brother, as much as though one blood were ours, for the same inmost Life animates us both. The soul's pulse beats synchronously—our ends for the now and the hereafter are the same. To all these I breathe a heartfelt *God bless you.*

MARY S. GOVE NICHOLS.

Port Chester, N. Y.

DRESSING A BLISTER.

Georgetown, Ky., July 27th, 1852.

EDITORS OF THE JOURNAL.—Permit me who, after wandering for years through the wilderness of disease and suffering, found at last the Rephidim of Hydropathy, and received healing and strength, to bring to your notice a case of water-cure which recently occurred in this place.

A gentleman had been for several days unwell, but neglected himself, until, about the fourth day of his indisposition he was in a raging fever, his blood flying like a mill-race. A physician of eminence here, who though a regular Allopath, has found his drugs will not do, and though unwilling to renounce them, has commenced the use of water as an adjuvant (?) was sent for, but being absent, an out-an-out Regular was employed. He administered a dose of Calomel, and with the injunction that the patient must not drink one drop of cold water, left, to return in two hours. After his departure, a lady neighbor stepped in, and seeing the condition of the sufferer, prevailed on him to allow her to treat him. He consented, and she straightway put him in a wet sheet, giving him abundant draughts of cold water. She had relieved him to some extent, when the time arrived for the doctor to return, and she left. He came, and seeing the fever unsubsided, prescribed a blister, and again took his leave. Watching her opportunity, the lady returned, threw away the blister, gave him thorough ablutions, and keeping up the treatment several hours, routed the fever, and next morning "instead of dressing a blister, the patient dressed himself," and went about his accustomed duties. The physician knows nothing of the lady's superseding him, and is pluming himself upon so soon restoring so ill a patient, while the other parties laugh in their sleeve at him.

The people here have felt for a long time, that the "regular practice" is sending thousands to an untimely grave; and a few who were taking the Journal were persuaded that the bright, blessed water is the best physician after all. Still, they were in "a strait betwixt two," until about three months ago, Dr. Wood commenced lecturing here on the Laws of Health and Hydropathy. The citizens flocked out to hear, were awakened to a sense of the beauty, simplicity and efficacy of the water-cure, and now in almost every family, there are heroic spirits who, defying the anathemas of the Allopaths, are "lifting up the hands that hang down and the feeble knees;" and the Regulars are fast being driven from the field by these Guerillas in the Water-Cure. The Allopaths cry "humbug!"

but the people will not be deafened by their thunders, and their little pet, mercury—forasmuch as like the heathen God his mission is to pilfer—taking the health and mayhap the life of all whom he invades, has had such a drenching, it is suggested, they send off to "parts unknown."

God's blessings on the Hydropaths! And we who have suffered so much from the onslaught of Allopathy's deadly host, may well say it, for they have found us like the wounded Jew by the wayside, and with the Balm of Life, God's only medicine, the glad, gushing water has sent us on our way rejoicing.

A LADY.

WATER DOCTORS WANTED.

THE following communication explains itself. We commend it to whom it may concern.

Many of our most respectable and influential citizens have joined me in requesting that you will select and send to this town a physician who is an *out and out* Hydropathist. I do verily believe that if such an one would come and settle here, that he would not only do an incalculable amount of good to this community, but obtain, at once, a good and lucrative practice, i.e., if he be a man of talents and experience.

Being myself in very bad health, neither I, my family, nor friends believed that I should live to see the last winter. However in July, 1851, I went to Dr. Caspari's establishment, in Louisville, Ky., where I commenced under his directions a regular course of water-cure treatment, where I continued until 17th of September, and my health improving all the time; notwithstanding a portion of that time was during the most violent cholera visitation that city had ever before experienced, so that I returned home quite a renovated man—felt at least ten or fifteen years younger than when leaving home. My health has continued good ever since, although during the fall and winter merely took a cold tub bath every morning; now, even in this warm weather, I feel like a *new* man compared with several past summers, but am too timid to practice, even in my own family, which is large, although I am so *thoroughly* convinced that it is the *right system* that if we had a here "water-cure physician I should abandon *all* drugs, and I am not alone in this. I must therefore beg that you will interest yourselves in trying to procure a sensible man to come here. Our town is a thriving commercial town on the Cumberland river, fifty miles below Nashville, and below the "Harpe's Shoals." A man of the right stamp who would come here could find a good site for a Hydropathic establishment, either in the city or adjacent country, and if such gentleman had a wife possessed of some experience in the same line she would be a great advantage. Should you know of a suitable person, please refer them to me, with whom I will gladly correspond and give all the information in my power.

[Clarksville, Tennessee.]

WATER-CURE AT THE SOUTH—A Good Example.—About a year ago, Mrs. Mary Torbet, a lady of Alabama, came to this city to study Water-Cure. She entered the establishment of Dr. T. L. and Mrs. Nichols, attended two courses of the lectures of the Institute, and graduated with honor. She has just returned to Alabama, where she finds patients ready to consult her, classes to listen to her lectures, and her husband anxious to build a Water-Cure establishment. Her zeal and intelligence merit this success; and we may do some of our Southern readers a favor by adding that she resides in Auburn, Alabama.

We hear of a demand for an appropriate sphere for woman. This lady has found one, and there is room for a thousand more, who possess the requisite qualifications.

New-York, Sept. 1852.

IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN AND ALL WOMEN.—PUBLISHERS.

TO CONTRIBUTORS.—We have on hand a number of valuable communications, which will soon appear in our pages; such articles are sometimes necessarily delayed, but do not "spoil by keeping."

When possible, we would request CORRESPONDENTS to send in ARTICLES, QUESTIONS, or ADVERTISEMENTS, by the 10th of the month, when expected to appear in the forthcoming number.

CASES OF HOME-TREATMENT, in Water-Cure, briefly described, are always useful and interesting.

We are glad to hear from friends of the cause, in all parts of the country, and to publish such observations from them as shall tend to encourage others to introduce the subject where its advantages are yet unknown.

SUBSCRIPTIONS for the Journal may be sent in at any time. The new volume commenced with the July number.

TO PREVENT MISARRANGE, DELAYS OR OMISSIONS, all letters and other communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the publishers as follows:

FOWLERS AND WELLS,
No. 131 Nassau street, New York.

SEPTEMBER TOPICS.

BY E. T. TRALL, M.D.

SUMMER DISEASES.—During the month of August bowel complaints have been unusually prevalent in various parts of the country; and the rate of mortality in the city from this cause, especially among very young children, has exceeded the average. Cholera infantum in the city, and dysentery in the country, have been, as usual, the leading forms in which affections of the bowels have appeared, although death from diarrhoea and inflammation of the stomach and bowels have been numerous. In several places in this State, and in many more in the South and West, the spasmodic or Asiatic cholera has been remarkably virulent and fatal.

We cannot dwell upon these events with that silent wonderment or stoical complacency so readily exercised by those who can, reverently or blasphemously, as the case may be, attribute them all to the mysterious ways of Him "who doeth all things well," and so wash their own innocent, and innocent because ignorant, hands of all responsibility; nor can we in reply to the solemn interrogation, why are these things so? evade the subject in the God-insulting language of Cain—"Am I my brother's keeper?"

As we understand "the ways of God to man," and the ways of man toward himself, these examples of preternatural suffering and premature death, are the result of habits and practices perfectly explainable and as perfectly avoidable. And so believing, we cannot feel that the whole duty of the physician is performed in merely acting the medical adviser at the bedside of the sick and dying. It is truly a very praiseworthy act to relieve the sufferings of the invalid, and rescue fellow beings from untimely graves; and it is true, too, that in so doing, the better qualities and kinder sympathies of our nature are exhibited in the most favorable light for professional reputation and profit. But there is a better way, a higher duty, a more philanthropic work, although it presents the doer in the less attractive character of an uncompromising reprover and severe instructor; an exemplar of right ways instead of a panderer to wrong. He cannot so well, as far as his own personal advantage is concerned, play the amiable nurse, the conciliating friend, nor the obsequious doctor.

Now, we assume it as a fact, and assert it as a demonstrable position, that these annual endemic or epidemic visitations of bowel complaints are neither natural, necessary, nor unavoidable. Notwithstanding cholera, dysentery, diarrhoea, &c., yearly sweep from the face of the earth many thousands of our population,

they are, at least in ninety-nine cases of every hundred, easily to be avoided. And the whole art or science of prevention lies simply in the correction of a few unhealthful habits and conditions; in a word, in living nearer to the laws of life and health.

We hold that severe and dangerous bowel complaints imply the causes of grossly erroneous habits of life, or great violations of physiological laws. "Tall oaks may grow from little acorns," and "large streams may flow from smaller fountains;" but fatal diseases do never arise from trifling causes. The sum total of causes is and must be equal to the effect. True, the exciting or immediately producing cause, may be slight, and the remote or predisposing influences powerful, and *vice versa*; and this brings us to the great practical point we aim to develop.

The violence and danger of all diseases, and especially the class under consideration, depend far less, as a general rule, upon the force of the exciting causes than upon the extent of the predisposition. To illustrate: a person may have a congested liver and constipated bowels for years. All this time he is predisposed to cholera, diarrhoeas, colics, rheumatism, and various other maladies. Catching cold, over-exertion, violent passions, unusual or indigestible aliment, &c., &c., are exciting causes of some diseases; but its form and severity depend more on the degree of obstruction or debility which has so long existed in the stomach and bowels, than upon the force of the exciting circumstances. And on this point hinges the whole rationale of the nature, causes, prevention and cure of summer diseases.

We can hardly go into a family circle, (excepting among a part of those who read Hydropathic books or take the Water-Cure Journal), without noticing various ways and methods in which mothers and nurses (often, too, by advice of the doctor), are forming the predisposition to disease, and laying the foundation of some sudden and perhaps fatal attack, on the accidental application of some exciting cause, in itself a trifle light as air.

The reason why every little irregularity or change of weather or temperature in the warm season, when the whole body is in its feeblest condition and the reaction to the surface slight, produces so many maladies whose seat is the mucous surface of the alimentary canal, is, because the digestive apparatus is constantly harassed and irritated by improper aliment, drugs or condiments, and the skin obstructed by foul secretions, which inattention to bathing and enervating clothing have allowed to accumulate.

This view, of course, renders the usual medical advice, emanating from Medical Councils and Boards of Health, sufficiently absurd; and its impropriety is still further attested by the frequent deaths of physicians themselves, whose sincerity is better exemplified thus than in their intelligence. Constipating and stimulating food is usually recommended as preventives; and when the preventives have produced obstruction and inflammation, and nature herself makes an effort to overcome the difficulty, this effort is silenced by still more constipating and stimulating food, aided by narcotic opiates, astringent drugs, and hot pepper, hot salt, hot alcohol, hot vinegar, hot essences, and purgents and irritants generally. Nothing can be more unreasonable in theory; and, reduced to practice, such notions have thus far in the world's experience been no better than substitutes for "war, pestilence, and famine," in keeping the "surplus population"—a la Malthusian—"down to the level of the means of subsistence."

THE ACADEMY ON CHOLERA INFANTUM.—At a recent meeting of the New York Academy of Medicine, a discussion arose on the subject of cholera infantum, during which, according to the newspaper report:

DR. DRISCOLL said it was clear the profession knew nothing about the disease, whether, or how far the liver was engaged—whether it was a gastroenteric

affection, an affection of the mucous surface of the bowels, or a simple diarrhoea. Post mortem examinations throw no light upon it—so we learn nothing from the living or the dead, and the multiplicity of writings about it shows the diversity of the diagnosis entertained.

Now, in view of the above declaration, which is true to the letter, we would respectfully invite the attention of that august body of medical savans—the academy—to some other basis of investigation, than that hitherto pursued by the profession. The disease before us has existed in most parts of the civilized world for many hundreds of years; and the doctors have had every possible opportunity to know something about it. Yet we are gravely told, by the highest authority of the school we do not now belong to, that the profession know nothing at all about it, and what is worse, they have no way of finding out! "We learn nothing," says Dr. Driscoll, "from the living or the dead." True, "and pity 'tis, 'tis true," you do not; and we are prophet enough to declare that you never will be any wiser on this and a hundred other subjects, until you drop the old musty theories of past ages, and come back to nature as the starting point of observation. Then you will understand without difficulty the "diagnosis" and the "prognosis," and, what is better for the patient, if not for your "Academy," the rational way of medicating the disease.

DR. DEAN'S TEMPLE OF HEALTH.—Our Albany friends may congratulate themselves on the possession of water-cure facilities at home, in the extensive establishment just fitted up by Dr. Dean for bathing purposes. We learn that it is one of the most commodious bath-houses in the State, amply furnished with swimming, plunge, douche, shower, hot, and cold baths, &c. Whether the medical department is to be strictly hydropathic we are not informed; nor whether there is to be any department for the treatment of chronic diseases; but we hope such will be the case; and a friend has hinted to us that a thorough Hydropathist might readily effect an engagement with Dr. Dean, by which the treatment could be fully carried out in the establishment.

ANAPATHY.—This is the *very last* pathy that the restless spirit of innovation has developed. According to a writer in Chambers' Edinburgh Journal, Allopathy means "another suffering;" Homoeopathy, "the same suffering;" Hydropathy, "water suffering;" while the new system of Anapathy means "no suffering at all." The following are said to be the rules laid down for the governance of practitioners of the new system:

1. Never prescribe medicines when hygiene will do as well and can be enforced.
2. Never permit the patient, or those around him, to expect more from medicines than medicines can perform.
3. Never prescribe medicines, except avowedly as mere palliatives, when the period has gone by for them to be of ultimate service.
4. Never conceal the general intention of the treatment; that is, whether it be adopted with a view to cure, or only to mitigate the disease, or merely to alleviate a symptom or symptoms.
5. Never prescribe medicines more powerful than are necessary, or continue a powerful medicine longer, or repeat it oftener, than the disease actually requires.
6. Never attribute to the medicine-giving part of the management of a successful case, more than its due share of credit.

We "go in" for the system under the restrictions named. And if the "rules" are rigidly adhered to, we apprehend the disciples of Anapathy will "throw physic to the dogs," and trust to hygiene exclusively.

BEAUTIES OF BLOOD-SUCKING.—The commercial advantages of shedding human blood in the name of medical science, are exhibited in their true colors by the following newspaper paragraph:

"It is not more than from forty to fifty years that leeches have been in *extensive* use for the abstraction

of blood from the human body, and for many years the supply from the ponds of each country was sufficient for the wants of the population. But as the use of them increased, superseding so often the lancet and cupping, the leech traders turned their attention to procuring them from foreign countries. Twenty-five years since, all who could afford it in America used the "French" leech in preference to the American leech, because it would draw twice or thrice as much blood. But none the less a large portion of the leeches exported from France, have been brought thither from other countries on the Mediterranean.

Leeches for Western Europe and America are now obtained from Morocco, Algiers and Tunis—from Hungary (which sends one year with another 120,000 pounds of leeches annually), from Russia, and from Persia even. A trader brought, last winter, without hardly any loss by the perishing of the leeches, fifteen hundred pounds leeches from the latter country. They froze solid as he was passing the lofty mountains, near Erzroom, but thawed into life again. The obstacle to bringing leeches from a great distance, has been, that they were so liable to perish, and needed so much care and attention on the voyage. However great the loss and the consequent rise in price, there seems no limit to the price that the sick are willing to pay for them. Fifty cents is often paid for a single leech in our country towns. And in Peru, in South America, leeches (brought, perhaps, from Persia) have sold for three to five dollars a piece.

"The product of leech fisheries in Turkey, is at present annually greater than that of any other country. One reason among others, for this result, is the want of cultivation, and the amount of undrained lands in consequence on a sparsely inhabited country, and the facilities allowed to the Europeans who follow the business and have the protection of the local authorities. The product of the last three years has been about 180,000 pounds annually, worth at the place of exportation eight dollars a pound, or \$1,440,000 each year. In a pound of small leeches there are from two hundred and fifty to four hundred leeches. A pound of large leeches contains half that proportion. There are probably from 50,000,000 to 60,000,000 of leeches annually exported from Turkey. They are sent chiefly to Trieste, Marseilles, and London, and some to America direct. The price varies greatly at these ports, according to the supply. The prices current of Marseilles as regularly include the price of leeches, as of wheat and wool."

We have known, in this city, a physician of the leeching school visit a poor man's wife, for which he charged two dollars, and prescribe twenty leeches for which the apothecary charged five; making seven dollars for abstracting sixteen ounces of blood, which could have been better done by a lancet for less than a quarter of the money. The idea that there is more virtue in drawing blood by leeches than by surgical instruments is the dullest kind of moonshine imagination.

BOWEL COMPLAINTS.

BY E. A. KITTREDGE, M.D.

As this is the season in which bowel complaints are most rife, I will confine myself to this subject.

The commonly received opinion is, that bowel complaints are chiefly produced by the eating of green fruit and vegetables, hence its frequency in the summer and fall.

The eating of crude vegetables and unripe fruit no doubt is a very prolific cause of diarrhoea, &c., but it is by no means the cause.

The fact is, people everywhere eat too much, and in the summer the powerful heats operate in such a manner as to seriously impair the vigor of the digestive organs, and these being weakened, the amount of food taken usually cannot be properly chymified in the stomach, or absorbed by the vessels which should carry it where it is to be made into blood; it passes into the bowels, and is there, of course, a source of irritation, and the recuperative powers eject it from the system, and, in healthy persons, that is the end of the matter.

Not so, however, with the habitually intemperate eater, or unfortunately constituted individual.

In such, the irritation produced by the transit will continue for weeks, especially if drugs be resorted to.

It will not be necessary, I fancy, to argue this point much to the readers of this Journal, as they must see, at a glance, that it is perfectly natural that it should be thus.

Unfortunately for many, they have a morbid appetite which does not forsake them, even when their bowels are greatly inflamed, and they not knowing physiology, think it is the voice of "nature" crying in the wilderness of their bellies for something to eat! and that "nature" must not be thwarted!

Had "nature" never been thwarted, there would be some sense in such talk; but it is hard finding any such thing as a natural impulse in one of these diseased unfortunates.

When once the membrane becomes inflamed, it is in vain you try to cure it—in scrofulous constitutions especially—while the patient is made or allowed to swallow food, as it will never be chymified, and of course act as any foreign substance would do, provoking and perpetuating the disease.

In simple cases of this kind, where the constitution is good, all you have to do is to keep quiet, stop eating entirely, and wait patiently—using water merely to assuage thirst, and keep down fever or pain.

It matters not how this is done, if you only do it—and it is a great deal easier to do it than it is to let it alone. A simple wash down once or twice a day, with now and then a wet bandage to the bowels, will, in very many cases, be all sufficient.

In bad cases, it often becomes necessary to pack three or four times a day, and to use the sitz baths every two or four hours. It is impossible to specify particularly without seeing the case.

I advise every one, who is in any wise doubtful of his own knowledge of the Water-Cure, and his constitution, &c., to consult the very best authority he can find. I don't mean book authority—that is of but little use in special cases.

It is a very mistaken idea, and productive oftentimes of great mischief, that anybody can practice Water-Cure successfully simply because they can boast of having been under treatment a certain length of time, or have read certain books however good, or have seen a good many folks cured with it.

The great thing wanting, even among the physicians, is judgment; and those who write the most, oftentimes lack the most—this all-essential part of "a good physician."

I know of many that scarcely ever read a word on the subject, that I would sooner trust to doctor me or mine, than I would some who can show certificates of having been regularly "put through."

You may teach a man to repeat wise sayings, and so you can a parrot, but to make either *know* anything great is very often beyond the power of mortals—"Unless the Lord doth build the house, the builders work in vain."

In other words, judgment, understanding, common sense, &c., cannot be inoculated so as to saturate the system, to any good purpose.

Bilious Diarrhoea is caused by the large quantity of acrid bile which accumulates in the gall bladder in certain conditions of the system, and all at once is poured into the intestines, and the fact that it had been pent up a long while, in the gall bladder, will account for its irritating quality.

In these kinds of cases there is a great deal of acidity usually, and in olden time it was told you to take magnesia, soda, lime-water, and other antacids, &c.; but I say unto you, *not so*—let the stomach alone severely, and keep up the determination from the inflamed membranes within to the surface and extremities, and *abstain from all food*, and I'll risk the acidity.

A great many very severe cases of diarrhoea I meet with, are caused by imprudent exposure, thereby pro-

ducing a sudden check to the functions of the skin, and the exhalations being prevented from escaping readily, the result is a sort of congestion of the mucous membrane of the intestines, followed by diarrhoea, and if not properly treated, will be pretty sure to run into dysentery.

In most all these cases, opium is largely administered by the old school folks, and it is the only thing that will *seem* to do any good; but in most cases it is all seem—it only covers up—it don't cure.

The first thing, of course, is to open the pores and take off the embargo.

The next, to equalize the circulation.

This last indication can be best fulfilled by the wet sheet.

The wet sheet will also quiet the irritability of the nervous system.

Sitz baths are not so much needed in this kind as in the bilious diarrhoea; but are oftentimes very beneficial. Where there is much fever, I think a sitz bath of about 65 one of the best baths—it so effectually cools the blood.

Dysentery can be easily cured, if proper treatment be resorted to at the commencement, although the masses are terribly frightened at the appearance of blood coming fresh from the bowels.

As a general rule, one or two wet sheets a day, with a sitz bath every four hours, and injections of slightly tepid water, together with wet bandages constantly changed, and *rigid abstinence*, will be all that is necessary.

It is very hard to convince any one who is subject to it, and has been in the habit of taking drugs therefor, that he can possibly get along without opium in some shape.

But I find it much easier to get along without it than with it; but in bad cases somebody has got to work to keep down the pain; but it can be done if you have only got the courage.

Ice water is sometimes best—though generally, you can get along without. Have a bucketfull, and *don't be afraid of it*, but put it on, and keep putting it on.

Half-packs are very useful in almost all kinds of bowel complaints, and where the patient is very weak or helpless, it makes an excellent substitute for the sitz bath. The patient staying in, according to circumstances, from thirty to ninety minutes.

WATER-CURE IN DYSENTERY COMBINED

WITH INTERMITTENT FEVER.

BY O. W. MAY, M.D.

On Friday, 9th of July, Mary D. came to this Institution as nurse to Mrs. A. L. Child, patients from the city; and was considerably indisposed when she came, but said nothing of it, thinking the diarrhoea would pass off without her being seriously ill.

July 10th.—She was considerably worse with feverish symptoms; still she made no complaint or let any one know how she was.

11th.—The symptoms became more urgent and severe, and she could no longer keep it to herself. Chills succeeded by fever, with bloody discharges as often as every half hour, attended with severe griping and tenesmus, during the night some mental derangement. Treatment—frequent copious injections, cold half-baths, with wet bandages, often renewed, over the whole abdomen kept constantly on.

12th.—Another chill followed by fever and profuse sweating; all the other symptoms much as yesterday with an aggravation of the bloody discharges. Treatment the same, with alternating the hip with the half-baths.

13th.—But little perceptible alteration—treatment the same.

14th.—Chill of shorter duration, fever less, less grip-

ing, discharges much as yesterday. Treatment the same. Fever evidently of the intermittent character. 15th.—All the symptoms moderated—treatment continued.

16th.—Continued improvement; eat a little rice, having fasted since the 11th. From this time the improvement was rapid; and now, Monday, 19th, she is again at her avocations perfectly well, but weaker than formerly of course.

During a long course of medical practice, I have hardly seen a more severe case of dysentery, and never saw one where the cure was more complete, or the recovery more rapid. My friends were much alarmed, lest the case should prove fatal, and injure or ruin my newly opened establishment; but at no time did I feel any alarm, long having known that water was the appropriate remedy for fever, and that dysentery could hardly fail of a cure with timely and judicious application of Hydropathy. [*Highland Home Water-Cure.*]

THE GOOD WORK ADVANCING.

BY J. Q. A. SESSIONS.

It is with pleasure that I return your "Prospectus," laden with twenty-four names, as subscribers to your valuable and truth-proclaiming Journal, with the subscription-money for the coming year. A year ago I sent you five subscribers from here, and I now return all the old ones, who have become promising converts to the faith of Hydropathy, with nineteen others, the most of which have joined on probation, but who, I trust, will, at the end of the year, become faithful and ardent coworkers in abolishing drugs and "cod-liver oil," as remedies of disease, from the land.

So far as my knowledge of the success of the Water-Cure Journal extends in this State, the above is but a fair example of the many proofs of the high estimation which it holds in the minds of the people where it has been taken, and its precepts and directions impartially tested. But there are *here*, as in most all other places, a few of that class of people who believe that the good old way of their grand-parents is *right*, and every other way *wrong*, who never thought of "bathing" and "packing," but when prostrated by disease, would dose the poisonous drugs dealt out in great profusion by allopathic quacks, until they reduced the disease by reducing themselves! (strange theory indeed,) or were numbered among those that *were*, but are not. One example of this class will be sufficient. This was a lawyer in one of our villages, who, upon being asked to become a subscriber to the Journal, refused, by announcing with an air of triumph, that "his mother never washed herself *all over* in her life, and she lived till the age of seventy." Astonishing argument!

But if she had followed bathing and cleanliness, and the laws of hygiene, is it not probable that she would have finished her four score years in health? Let reason sit as umpire and decide. I cannot close this testimonial in favor of your enterprise without bidding you "God speed" in spreading through the world the principles of health, longevity and happiness to *all* that "will come to a knowledge of the truth and be healed."

We feel confident that next year we shall be able to send you a list of forty subscribers.

[*Otter Creek, Mich.*]

A LEADING medical practitioner at Brighton, England, has lately given a list of sixteen cases of paralysis, produced by smoking, which came under his own knowledge within the last six months.

He who weeps for everybody will assuredly lose his eyesight.

Reviews.

THE ILLUSTRATED WATER-CURE ALMANAC FOR 1853, with 48 pages, and upwards of twenty Engravings, just published by FOWLERS AND WELLS, 131 Nassau street, New York.

This new, cheap, and handy manual of health, contains articles on the water-cure system; water-treatment in fevers; gymnastics for weak lungs, illustrated; physical education of children; drugs; philosophy of water-cure; physiological laconics; form of patient's report; suggestions to women; a Western woman on babies and Bloomers; items; a list of water-cure publications, etc., etc., together with calendars which are calculated for all the meridians in the United States.

Price only six cents a copy, or One Dollar for twenty-five copies. They may be sent by mail, (postage in all cases to be pre-paid, at the rate of two cents per copy within 500 miles, and double these rates for greater distances,) or, by express, as freight, or by private hand, to any place desired. Booksellers, agents, and friends of the cause will do well to supply themselves with a quantity of this little annual, for a world-wide distribution. It will do more good than the circulation of political, or any other kind of reading matter. THIS ALMANAC is beautifully printed, and should be found in the hands, on the table, or in the chimney corner of every family in the land. Friends, what say you? Will you have a single copy, a dozen, a hundred, or a THOUSAND? Let us have your orders soon, and our steam-power presses will enable us to turn out a few millions of copies; enough we hope, to dam up the streams of *Cod Liver Oil* that now flows down the throats of poor deluded humanity. Send on your orders for the Water-Cure Almanac, for 1853.

A NEW THEORY OF POPULATION; deduced from the Law of Animal Fertility. Republished from the Westminster Review, for April, 1852—with an introduction by R. T. TRALL, M. D. 12mo, pp. 48. Price 12 1-2 cents. New York: FOWLERS AND WELLS, Publishers.

[On the first of October next, the above named work will be published. The following from the introduction will give an idea of its contents and importance.]

Among the many and multiplying problems of this age, none presents a more interesting field of research than that of the Theory of Population. Slightly and but superficially cultivated hitherto, this subject has appeared to us as a deep, dark wilderness, which even the wild spirit of philosophical speculation had scarcely penetrated. The world has indeed heard of the doctrines of a Malthus; a doctrine which shocks our reason, insults the moral sense, and blasphemes Deity, inasmuch as it can provide no better way of keeping the population of the earth down to the level of the means of subsistence, than by such "special providences" as war, pestilence, famine, poverty, intemperance—violence, fraud, crime and want in their broadest acceptance! It has heard, too, of the more humane and less revolting doctrine of Mr. Doubleday, who contends that "over-feeding" deadens the principle of increase, and that, therefore, the great panacea for the evil of too many people in the world is a "general plethora." With an approved system of agriculture by which the productiveness of the earth is to be vastly increased, and excessive alimentation to the extent of inducing a certain degree of physiological stupidity and procreative inability, Mr. Doubleday would have the elements of disorder, so prominent and so repugnant in the Malthusian hypothesis, removed from the order of Nature.

But neither system indicates a principle nor points to a law, which, containing within itself the elements

of its own fulfilment, is to govern and regulate this matter for all time; and with nothing less than the actual demonstration of such a law will the truly philosophical mind be satisfied. The real philanthropist can never rest upon a doctrine of temporary expediency. No system which seems to remove a present difficulty, by admitting a greater one at some distant period in the future, nor, indeed, permitting the eternity of its cause, will answer. With him the weal and woe of the generations of men, thousands of centuries hence, is an object of solicitude, as well as the well-being of his co-existent fellow-beings and immediate descendants. Devoutly believing in *some way* in which all the seemingly intricate problems in human destiny are to be worked out in the good order of Divine Providence, he *must* have a theory which,

"From seeming evil still educes good;
And vindicates the ways of God to man."

Hence he can never adopt the notion of Malthus, which merely contemplates killing off the surplus population; nor that of Doubleday, which would introduce the retrogressive principle of bodily depravity, in order to restrain the tendency to too rapid increase. Nor need he. The following pages unfold a theory of population based on the laws of organization, sustained by all the evidences of human and comparative anatomy and physiology, and demonstrated by the whole history of all the races of mankind; while the conclusion to which it arrives is precisely that best calculated to enlist the sympathies and the prayers of every Christian—no slight presumptive evidence of its truthfulness.

Nor is the knowledge of the doctrine here disclosed only important in enabling us to contemplate more hopefully the dim, uncertain future. It is replete with practical wisdom in the present tense. The same law, immutable and eternal as its Author, which insures the accomplishment of a brighter day—a millennial period—in the future history of our race, is in operation now. It always was in full force and virtue. And our duty, our present good, our improvement, development, and happiness, as well as our chance to be represented in the future generations, are intimately connected with a recognition of this law; for it is THE LAW OF PROGRESS.

WOMEN IN ALL AGES AND NATIONS. A complete and authentic history of the manners and customs, character and condition, of the Female sex, in civilized and savage countries, from the earliest ages to the present time. By THOMAS L. NICHOLS, M. D., with a preface, By STEPHEN PEARL ANDREWS. One vol. 12mo. pp. 240. Price 50 cents. New York and Boston: FOWLERS AND WELLS, Publishers.

To pronounce this the most elaborate, interesting, and complete treatise on the subject to which it is devoted, would be but the simple truth—at least so far as our acquaintance with the written history of Woman extends. No one can read it without forming a more exalted, and in our opinion a more just estimate, of the MOTHERS OF MEN.

We quote from the PREFACE, by Mr. ANDREWS, the following:

"It has fallen to my lot to edit a new edition of this excellent work upon the history, the present condition, and the future destiny of Woman. This happens in the prosecution of a design I have formed, to aggregate and issue, from time to time, through the efficient instrumentality of Messrs. Fowlers and Wells as publishers, such contribution as I may, to a kind of Library of Social Science, which shall be, in reference to the healthful relations of human beings to each other in society, what the numerous recent and valuable works upon Physiology are with reference to the health and well-being of the individual man. My own works on 'The True Constitution of Government,' and 'Cost the Limit of Price,' and that of JOSIAH WARREN on 'Equitable Commerce,' recently published by Messrs. Fowlers and Wells, under the general title of 'The Science of Society,' are historically first upon the list

of this collection. Other works, from the pens of both the last named writers, will appear from time to time. I am now happy to be able to add "Woman in All Ages and Nations," by Dr. THOMAS L. NICHOLS—an author whose clearness of intellect, whose purity of style, and whose broad humanitarian sympathies and catholic toleration, render his writings alike fascinating and informative. The graceful intermingling of the most interesting facts of history upon the most interesting of all subjects, with a deep insight into principles and philosophy, which characterize the present work, impart to it a charm which will insure its earnest perusal by all classes of persons. It remains merely to point out those features which relate it especially to Sociology or the Science of Society, and to utter a word of criticism upon some of the statements, which discoveries in that most interesting field of investigation, recently announced, show to be, in some measure, erroneous.

"The attributes, appropriate sphere, and true destiny of Woman constitute, for two reasons, the culminating point in social philosophy; first, because all these are inextricably connected with the fate of children, and hence with the destiny of the whole race; and secondly, because women being the weaker, in the grosser significance of strength, and at the same time the more refined and the more spiritual element of human society, her rise in the relative scale of being, marks and measures exactly the growing supremacy of the higher over the inferior faculties in man. The installation of woman into her appropriate and God-intended relations with the whole human family, as an integral individual being—not the mere dependent and complement of the existence of another, will, for these reasons, place the seal of finality upon the present world-movement of radical reform. Hence, to understand the true sphere of Woman is to understand the whole circle of what relates to equity, and order, and freedom, and beauty in the constitution of human affairs; just as the knowledge of the right collocation of the keystone of an arch involves and implies a knowledge of the whole philosophy of the arch itself. Woman's rights, rightly understood, are, then, the epitome of all rights, and her wrongs but the highest expression of the general wrong and outrage inflicted upon humanity. Her rights will yet be understood to mean something far more significant than the exercise of the elective franchise, and her wrongs to be more grievous offences against her nature than exclusion from the military, or political, or ecclesiastical honors, which are monopolized by the other sex.

"Modern reform has made its gradual approaches toward the central fortress of conservatism, which environs the character and functions of Woman, and has halted to take breath before the final onset. The last word upon this subject has seldom been uttered, and when it has, it has been in an undertone of dread at the reverberation of the voice which produced it. Timidity is about to be changed into the boldness of confidence in well considered and undeniable truth. The conflict may be short or long, but it is imminent and inevitable. It behooves those who would defend, as well as those who would assail, to be aware of the fact, and of the true nature of the case. This work by Dr. NICHOLS was written and published several years since, though never brought so prominently before the public as its high appreciation among those few who are acquainted with it, and the substantial reputation of the author, would seem to demand. The work itself, notwithstanding the threatening nature of this preface, has in it nothing alarming to the most fastidious. It is a simple history, as its name implies, of the Condition of Woman in All Ages and Nations, heretofore and now, with an aspiration after and a prophetic foreshadowing of her higher and happier destiny in the future.

"The facts are, for the most part, stated without comment, and where comments are added, they are unusually free from the taint of partisanship or fanaticism. A picture is laid before the mind of the reader for his or her own contemplation and improvement. Nor is it my purpose to make any other use of the book than that for which it was intended. I do not assume the right of committing the author to any of my individual conclusions, such as have been and will be more fully stated in my own publications, beyond what he may have announced or may choose to announce for himself. I have selected it as a work eminently calculated to enlarge and liberalize the mind of the reader in relation to all questions touching the position of Woman, simply by storing him with information, and preparing him to judge impartially of any and all theories relating to the subject. The perusal of it will be the next thing to a world-wide travel and personal familiarity with the manners and customs, the prejudices and predilections, of all people, upon a matter most intimately connected with their social and internal life. The last chapter, which glances with a hopeful vision at the dawn of a

brighter future, will be especially interesting to all with whom Woman is an object of interest."

Miscellany.

DIARY OF A NEW-ENGLAND PHYSICIAN.

NEW SERIES—BY NOGGS.

I WAS born young, and a Pillicody, and of course was bound to be a doctor, for the Pillicodies—father, son, and daughter—are doctors by inheritance. My earliest recollections are of "worm powders," which I used to help my mother to do up; for which privilege I paid an awful price—namely, I had to swallow one for about every dozen I made, and I made lots!

Mother used to say that I must take 'em, not because I was sick in any way, but she, good, careful soul, went on the principle, that "prevention was better than cure."

At first I did not mind 'em much, as the molasses, for which I had an uncommon relish, even for a boy, took off the taste of the medicine; but after a while, I got sick of even the molasses, so often was I forced to swallow these preventives to sickness, and soon got to loathe, and finally to run, whenever I saw my mother coming with a spoon in her hand, though I often fled when no one pursued. Dear mother, thou hast long been in thy silent grave—aye, many, many trial years have passed over the head of thy youngest son—but even now, amid all my cares and duties, I never see a fine-tooth comb or a tea and table spoon in conjunction, but I think of thee and calomel—calomel was the sole ingredient of the renowned "Pillicody Worm Powders."

My readers will wonder, mayhap, that my mother should deal in powders; but they must know that these powders were famed far and wide, as the enemy of worms, and worms, you already know, have a great predilection for folks before as well as after death; and father being still more famous—he was every inch a Pillicody, father was—he couldn't find time to do up the tithe of all the powders that were daily called for, and the friends of the Pillicodies wouldn't bear of anything else, and didn't think it safe to go to bed without some of 'em in the house; and then, again, they were four cents a-piece, and as good to mother as so many threepences—as, in buying milk, or meat, or vegetables, or almost anything in fact, the seller had just as lives have any sum under a dollar in worm powders as to have the cash! for they would "work in, as pat as a pea," they said; all children being "food for worms." Many have become so, literally, in consequence of the taking of "vermifuges," on suspicion! when it turned out it was only a fancy of the doctor or the mother. For myself, I don't know which is the worse, to take and suffer from the horrid, nasty powder, &c., or to be eaten alive by worms!

I often wondered, in my young days, "Why God suffered the naughty worms to eat live people?" all the time. But I find, on reaching maturer life, he was not so cruel a Being as I had been led to believe. This having worms, I find, is very often a pretty fiction of the doctor to account for any anonymous symptoms that may turn up. Its rarely now-a-days I find a "case of worms;" in my earlier days, I was tormented with such continually, and had to puzzle my brains to find something powerful enough to kill 'em, but it was very light work, and oftentimes I'd find it was much easier killing the patient—though, in all cases of a fatal nature, I laid the death to the worms, and when I couldn't produce the "varmints" by post-mortem inspection, I would triumphantly exclaim, "I thought so, no worms could possibly stand my medicine,"—no, nor the patient either! but oftentimes I found the worms alive, even after the patient had been dead for hours; then I had to fall back on my reserved plea, of "not being called soon enough!"

But I am getting ahead of my story.

In process of time I arrived at the dignity of "pound-ing 'arbs' in a mortar," and gums also, for pills—oh, the Pill-icody pills!—it makes me sneeze, even now, to thin of the horrid compounds I used to love to pound—aye, many 's the pound, of com-pound, I have pound-ed; and I verily believe now, that in pounding those compounds, I compounded a felony, as well as masses for pills!

Such was the fashion in the olden times of which I speak, that people everywhere swallowed pills as readily and freely as gossips do scandal, and with pretty much the same effect, I am more inclined to think. In those days I was taught that such things were as necessary as necessity itself, to "work off the bad bile and humors," caused by false living, and I did not dare to doubt it, though, when made to pound, I was a long while studying the "rudiments," for hours every day, in the big iron mortar. I did wish father would invent some other way, more in accordance with the moral law, of overcoming the evil of his patients.

I remember of being cautioned by my father, "Not to ask too many questions," one day, when I wanted to know, "If it was right to do evil that good might come?"—having heard him, just before, tell a patient that, "though the pills would make him awful sick for a while, they would make him better by and bye!"

Well, to proceed, I pounded my way along, studying Latin and Greek; and, for the life of me, I couldn't tell which I hated most, the Greek roots or the medical ones—the Latin verbs or the medical herbs. I know I used to think that it was a queer arrangement, to create a being in one country to learn the language of another, and that "deader" than Caesar; and that it was funny enough that God, who they were all the time telling me, did all things well, should make men subject to apothecary shops, and then make it absolutely essential that they should be well versed in divers heathen languages, in order to know how to call for what you wanted; but father said it was all right, and if he had told me it was necessary, in some cases, to swallow the big iron pestle with which I daily pounded, and ground my tedious way along the rugged paths of *science*! I shouldn't have thought of doubting it, however I might have wrestled with the pestle.

I at last, after many tedious tugs at the "roots"—Latin, Greek, and "H'brew"—was considered duly qualified to "study medicine;" and I must say, that it was a relief to study even physic, after spending so many weary years in that old Latin grammar school, and being subject to get long lessons, and the soft side of Master Day's, or Oliver's, birchen ferule, which was sure to come down on to my hand somehow, although I took great pains to keep it out of their reach, as often as every now and then.

Behold me, then, as a medical student, ripe for all the mischief, at least of that peculiar class of beings, if not so ripe a scholar as some.

My father being dead long before I reached this point in my somewhat eventful life, it was thought advisable that I should go into the far "down-east," where my uncle, the celebrated Dr. A. Pillicody, lived, and study with him.

I did so. And here let me pause a moment, just to say a word or two about my sensations, &c., about this time.

How Alexander felt when first he studied the mysteries of soldierly tactics, with the view of becoming a mighty general, &c., I can't say, but when I first sat me down, in sober earnest, to "study medicine," and felt the embryo doctor growing big within me, I did feel nice, though awful queer withal.

Oh! that dear little "Vade Mecum," older than the oldest Pillicody, and which had been in the family ever since nobody could remember—how I did read and ponder your already well-thumbed pages—and oh! the pride and joy I did feel when I found myself absolutely master of its wondrous contents, and could tell, with-

out the book, the exact number of bones, muscles, &c., &c., there were in the human body. Napoleon, no doubt, had felt well when he had crossed the Alps; but he couldn't with me, or medical students generally, who have studied a month or two, in feeling nice.

And then, when having finished physiology, I commenced the actual study of physic, and knew like a book—just like a book! the precise number of grains of calomel and jalap it took to make “a dose of physic,” my joy knew no bounds; and I was now never so happy as when engaged in “filling out a prescription,” my preceptor had ordered for some poor devil, and in weighing out, at other times, the different kinds of powders, so as to know just how much to take up on my knife, when I should arrive at the dignity of prescribing for patients all alone.

To be continued.

DR. TRALL'S HYDROPATHIC AND HYGIENIC INSTITUTE.—Among the many evidences that the water-cure system is steadily gaining upon the popular mind, may be noticed the recent improvement and enlargement of Dr. Trall's well-known establishment at 15 Lighthouse street. During the summer months the carpenters and masons have been busily employed in making alterations and additions. The parlor has been enlarged to a spacious saloon; various rooms have been remodelled and newly furnished; the bathing arrangements have been extended and improved; and a new building has been erected which will enable the institution to accommodate about twenty more patients; and besides all this, an additional lot of ground has been secured on which it is contemplated, in the course of another year, to build a wing containing about twenty more rooms.

The situation combines many advantages of both city and country, being near the North River and Hoboken Ferry, and having the open grounds and beautiful shrubbery of St. John's Chapel directly in the rear, and St. John's Park but half a block distant; while several lines of omnibuses, and the cars of the Sixth and Eighth Avenue railroads, pass within a few steps of the door.

We hope the Dr. will “go ahead,” enlarging and improving, until his establishment, which is now the oldest and most extensive city Water-Cure in the United States, shall be truly entitled a *model establishment*.

We should be guilty of injustice not to mention the efficient services of his assistant, Dr. Hosford, who has especial charge of the department for female diseases, and whose faithful and unremitting superintendence of the in-door business, allows Dr. Trall much more time than formerly to attend to consultations and out-door patients.

Nor should we omit to name in this connection the important duties performed by Mrs. Trall, to whose intelligent management of the dietary and general housekeeping matters, the institution is indebted for much of its present prosperity. Perhaps it would be difficult to find two more active, industrious, and in every sense “working” persons than Dr. Trall and his “better-half;” and when it is considered that their habits are strictly vegetarian and rigidly hydropathic, they may be regarded as very fair exemplars of the truth and utility of the system they teach and practice. We are authorized to add that the friends of water-cure and physiological reform, and physicians of all schools, will always be courteously received should it at any time suit their pleasure or convenience to visit the establishment.

“HOW BEAUTIFULLY WE ALL REVOLVE!”—Bear with me, if I go further than some. I have but a word. That is not an unmeaning, nor an unphilosophical name, which the conductors of this Journal have given it—The Water-Cure Journal and Herald of Reforms. They have hit upon the right end, and

upon the right order, to secure that end. That end is the promotion of reforms, and first among all these, they have placed the Water-Cure. This is hitting the nail on the head. First look to the *physical* organization—take care of the body. Obey the laws of physiology; wash and be clean; eat to live, and not live to eat. Let drugs alone, and the doctors take care of themselves. Live so as to have no need of either. Make it a sin to be sick, and the highest of all duties to be healthy. And then, having thus attended to your *physical* system, you will be prepared to take a step onward, and look after your *spiritual* nature. Having a pure, healthy body, it will be natural for you to think that you have a *spirit*. It will even be almost a thing of course, for you to believe in the great doctrine of spirituality, as now proclaimed to the world, and in the reality of the *spiritual* manifestations, now everywhere being witnessed, as I certainly do—and wish to have everybody else—in both. But whether you believe in either of these or not, you will at least feel that the seat of all true greatness and excellence is in the *spirit*—that its development lies at the foundation of all human progress, and every possible reform—and, therefore, that its unfolding into wisdom and harmony is the thing, above all others, to be prized and sought after. You will then have a basis, on which all else you wish to realize may rest.

And having thus become a thorough convert to the Water-Cure, you will be ready to go in for Bloomer Dresses and Woman's Rights, (though as to the matter of Bloomers you will have to propose quite a great reform in *man's* dress, for both of the sexes ought to dress on the same *general* principles, and neither of them in the *present* style)—to go against tobacco, intemperance, and every form of licentiousness, and to advocate one cent postage and newspapers free, universal education, phonography, phrenology, and the abolition of copy-rights, so as to give cheap books to the million—cheap books, but yet of the right kind—books to make the million think! And then you will come to be in favor of Land Reform, and to think that every man has a right to live *somewhere* on the earth, without paying anything for the privilege; and to regard association—creating community of interest, and thus putting an end to poverty and suffering—as the true form of the social fabric. And when mankind shall thus enjoy the blessings of abundance, and, as a consequence, shall have time to attend to the training of their own children, you will think that they *ought* to, and so the whole system of Common Schools will go by the board. But long before this, under the influence of the *spiritual* element I mentioned above, you will come so to feel that all men are brothers, that you will go against all war and slavery—you will be opposed to the death penalty, and in favor of prison reform, until finally, you will think it wrong to take human life in *any* case, and go in for absolute non-resistance—for never resisting evil with evil, nor injury with injury, but loving and blessing your enemies, and doing good to those who hate and harm you. And having arrived at this glorious stage of the world's progress, but one more reform is needful to complete and crown the list, the marriage of love and not of lust, pure parentage, hereditary transmission of the divinest qualities of both the physical and spiritual constitution—and thus, the propagation, with the race, of holiness, and happiness, and love! Then shall the Golden Age be born, and then shall the world be redeemed! And so shall all these Reforms, one after another, be accomplished!

“How beautifully we all revolve!”—is, then, the language of the Reforms of which this Journal is the Herald, and of which Water-Cure is the pioneer! How intimately are they all connected—how harmoniously do they tend in a common direction, and sweep around a common centre—nay, in their character and results, how absolutely are they blended into one! How beautifully, indeed, do they all revolve!

Put thy shoulder to the wheel, then, my brother, and gloriously urge on this car of the world's great progress! I will try to do my duty—see that thou do thine!

JOSEPH TREAT.

REMARKS.—We do believe, most profoundly, in “spiritual manifestations,” yet we are dubious as to the “rappings.” However, so long as “the spirits” rap good doctrines, and advocate reforms, we will not stop to quarrel about the *manner* of doing things. The world needs reforming in ways enough, God knows, and if the rappers can shake the dry bones of old notions, and set the people to thinking about advancement, improvement, and progress, why, rap away, and God speed the “demonstrations.”—*Eds. Water-Cure Journal*.

OUR GENEROUS AND NOBLE CO-WORKERS.—[Those without the true faith, who are yet in dark ignorance of the all-important principles of hydropathy, are surprised when informed of the rapid strides, astonishing cures, and great progress which this work is everywhere making. We believe in the efficacy of ZEAL, when founded on knowledge and truth, and so do all the world; nor can the well directed zeal of WOMAN be withstood by the sterner sex. He looks calmly on sincere, earnest, supplicating woman, then yields to the force of her appeal. He cannot resist. She is the most efficient and successful of agents or solicitors in any good cause. She feels the need of her mission, and prosecutes it with unflagging perseverance. These thoughts were suggested by the receipt of several large clubs of subscribers from WOMEN. We copy a letter from one of them.]

Chicopee, Mass., July, 1852.—MESSRS. FOWLERS AND WELLS:—Enclosed I send you another list of subscribers [45] for your valuable Journal.

I intended to have extended the list to a much greater length, but the people are somewhat impatient to receive their first number, and I think it best to delay no longer. These names I have obtained after having performed my daily labor in school; and it has been on the whole a pleasant task to me, because I felt that I was laboring for TRUTH and HUMANITY.

HYDROPATHY has some enthusiastic friends here, yet the majority of the people know very little of the principles advocated in the *Water-Cure Journal*, except from “hearsay.”

Of the one hundred and fifty families visited to obtain these names, I found very few enjoying the blessed boon of perfect health, while many, very many, were experiencing severe physical suffering. As I sympathized in their afflictions, and listened to their tales of bitter experience, I longed for the gift to plead eloquently for their observance of the hitherto outraged laws of life and health.

This I knew the *Journal* would do; yet where it was most needed, there prejudice was strongest, and I was obliged to turn away in pity, feeling that for the paltry sum of *fifty cents* they were refusing that knowledge which, if heeded, would bring them life, health, happiness, and be the means of blessing, indirectly, generations yet to be. I feel that the *Water-Cure* and *Phrenological Journals* are effecting a great and glorious work, and I know not how the true philanthropist can more successfully labor for the elevation of the race, than by extending their circulation. Books which so ably advocate the development of man's social, mental, moral, and physical nature, cannot fail to wield a mighty influence for good; and I trust that every friend of reform will lend a helping hand in sending these silent monthly missionaries broadcast over the land.

Let me assure you I have two hands and a heart in the work, and shall do what I can consistently with my other duties. My school closes here this week, and it is quite uncertain where I shall be located hereafter. I would like, therefore, to have the *Journals* sent so as to reach here by Saturday, so that I may see to their

distribution and feel sure that every subscriber is supplied before I leave the village.

When I complete the list I intended to fill out, you will hear from me again. All who subscribed for the *Water-Cure* last winter, are much gratified with it.

Yours truly, LOUISA H. T.

[Is not this an example worthy of being followed by others? We present it as such, and hope every woman who feels an interest in the welfare of her family, her friends, or the world, will go and do likewise.]

FINE FRUIT is the flower of commodities. It is the most perfect union of the useful and the beautiful that the earth knows. Trees full of soft foliage; blossoms fresh with spring beauty; and finally, fruit, rich, bloom-dusted, melting, luscious—such are the treasures of the orchard and the garden, temptingly offered to every landholder in this bright and sunny, though temperate climate.—A. J. Downing.

The author, whose name we quote above, is dead. He, with seventy others, was lost at the burning of the steamboat *Henry Clay*, on the Hudson River in the month of July last. Mr. Downing was one of the most cultivated, intelligent, and useful men of the age. Besides several volumes on Architecture, Rural Homes, Fruits, &c., he was editor of the *Horticulturist*, published by Luther Tucker, of Albany, N. Y., a serial of great utility, and of world wide reputation. We now deplore his loss. Who shall succeed him in his glorious labors? A work of beauty and refinement. But let bright hope sustain us in our sorrow, and let us be thankful for the good he has done, and encourage the living to accept such instruction as he has given, and to hold up the hands of him on whom the mantle of the illustrious DOWNING may fall.

Since writing the above we have received the following from Albany, N. Y.

THE HORTICULTURIST.—*Extra*.—Since the issue of this number, intelligence has been received of the death of the Editor. MR. DOWNING was among the fated passengers who perished by the burning of the *HENRY CLAY*, on the Hudson River, on the 25th inst. His body was recovered on the following day.

It is needless to add, that the public generally, and the readers of the *Horticulturist* in particular, have suffered an irreparable loss. Respected for his superior talents, admired for the genial spirit which pervaded all his writings, and loved for his social virtues, all who have known him will feel deeply this afflictive dispensation of Providence.

WATER-CURE IN THE WEST INDIES.—[Our readers are always glad to be informed of our progress in promulgating hydropathic principles, in all parts of the world. We take pleasure in quoting the following letters, which indicate very clearly what success our views are meeting in the West Indies:]

Mico Institution, Kingston, Jamaica, West Indies.

"Another subject which I am deeply interested in, is THE WATER-CURE. I have received your Journal, and am quite committed to the principles which it advocates. I believe a Water-Cure establishment here would succeed well. I have sent for twelve copies of the *Encyclopedia*, through Mr. W. Can you get a suitable man to undertake an establishment here? He should be no novice, but a thorough-bred physician, who can stand his ground and defend his faith by successful practice. If such a man can be found, I will give him board and lodging for three months, the ensuing winter, with all the encouragement in my power; expecting from him a course of lectures to the young men of the Institution, which might be public, or a course of popular lectures might be given during the same time, which would prepare the way for an establishment. The field here is unoccupied, and I think a good one. Mr. W. can give you any information you may require respecting me. Hoping to hear from you at your earliest convenience, I am, Gentlemen, yours, respectfully, J. O. B.

Ponce, Puerto Rico, West Indies, June 28th, 1852.—GENTLEMEN,—Enclosed you will please find five

dollars, which I will thank you to appropriate as follows:—One year's subscription to *Water-Cure Journal*, one dollar; one year's subscription to *Physiological Journal*, one dollar; one year's subscription to the *Phar.*, fifty cents; one copy of *Hydropathic Encyclopedia*, two dollars and fifty cents, making a total of five dollars. * * *

P. S.—I have been a subscriber to your works for several years past, a purchaser of *Water-Cure Library* and other books on the same subject, and would like to see them more disseminated in this part of the world, and have made some efforts to obtain subscribers, but until a repeal of the present post-office tax in this Island, (more than three times the amount of subscription,) I do not expect to meet with much success. You can, however, judge of the value I set on your publications, when you see that the two Journals will cost me, for each year, \$8.50. F. A.

[FOUR DOLLARS AND A HALF A YEAR, for a single copy of this Journal! Is this not even *wreckedly* absurd? yet subscribers feel that they *must* have it, even at that price. But when we take into account the fact that it probably saves the reader from all "doctors' bills," and his body from a premature grave, it would be wise to pay almost any price for the Journal rather than to be without it.

MEDICAL STUDENTS.—For some reason, there has been quite a falling off in the number of medical students, during the last two years, in the three medical Colleges in New York city. The falling off of last winter, amounted to 411, among the different Colleges as follows:—University, 197; Crosby, 227; Medical, 17.

The falling off the previous year was much larger. That year it amounted to 637. Whether this results from an actual falling off in the number of young men, who wish to qualify themselves for the practice of this useful profession, or that medical institutions in other places present greater inducements to students, we are not able to state; we apprehend, however, that the former is the true reason.—*Gazette and Courier, Greenfield, Mass.*

And a still greater "falling off" may reasonably be expected, in the "good time coming." The *Water-Cure Journal* is abroad, and young men will soon "know better" than to throw away their money on a profession of so little utility. Why—is the fact not palpable—that many of the old school drug doctors are turning farmers—some have turned patent medicine peddlers—some more wise than the rest have supplied themselves with a copy of Dr. Trall's *Hydropathic Encyclopedia* and walked right over into the practice of the WATER-CURE. Is not this the reason why young men stay away from the Medical Colleges? Again—we now have quite a number of FEMALE MEDICAL COLLEGES, the graduates of which will soon enter into competition with the "regulars." Then—good-bye to all medical "old hunkerdom."

WATERMELONS.—The *Prairie Farmer* has the following from a correspondent. We recommend it to all farmers:—"I endeavor every year to raise a good watermelon patch. They are a healthy and delightful fruit, I think. I cultivate the ice-rind variety; plant early in May, and again towards the close of the month, so that they may come in succession. When they commence ripening we commence eating, and use them freely during hot weather. When the weather becomes cool in September, we haul a quantity of them to the house, split them open, with a spoon scrape out the pulps into a cullender, and strain the water into vessels. We boil it in an iron vessel down to syrup, then put in apples or peaches, like making apple butter, and boil slowly, until the fruit is well cooked, then spice to taste, and you have something that most people will prefer to apple butter, or any kind of preserves. Or the syrup may be boiled without fruit down to molasses, which will be found to be as fine as the best sugar-house molasses. We have made of a fall as much as ten gallons of the apple butter, if I may so call it, and molasses, which kept until May in fine condition."

[This is new to us, but it seems so entirely plausible that we intend to plant a watermelon patch for our

own use next spring. With melons, beets, and maples, we intend to raise our own "sugar and molasses."] *

PACKING EXTRAORDINARY.—GENTLEMEN:—Permit me, on renewing my subscription for the *Water-Cure Journal*, to thank you for the benefit I have derived from its perusal, and avow my full confidence in water treatment in all cases in which it is suited to the constitution and the disease; but when you read the following case, you must admit, "it has failed" once. A resident of this village, having taken a severe cold, was strongly urged by his friends to try the wet sheet. So, after the family had retired for the night, he disrobed himself, took a sheet, walked to the canal at the rear of his garden, wet it thoroughly, and wrapping it around him returned to the house and retired to rest. He continued this *judicious* and energetic treatment until morning, rising from his bed "nothing bettered;" but much worse, as the night was cold, and he had nearly frozen. After a failure, with such careful, *scientific*, application of the cold water treatment, it is the height of absurdity to expect any reasonable person will think "cold water" a universal remedy. You see the facts are not all on one side, and I trust you will warn your readers to beware of such a "wet sheet" in case of a cold.

Respectfully yours, S. S. L.

[We would advise this too easy water-cure convert, to read the "Errors of Physicians and Others in the Practice of the Water-Cure" before he tries again, or a perusal of the "New Illustrated Hydropathic Encyclopedia," would put him on the right track; after which he would be more successful.]

PHYSICIAN WANTED.—*Buffalo, Putnam County, Va.*—DEAR SIRS:—We have read your *Water-Cure Journal* of last year, and believe the system to be an improvement of the age; and our object in writing to you is, that you may use your influence in sending a practitioner to our country. As the subject is new, it would take a man of some ability to get the people's confidence. Buffalo is a village of about 300 inhabitants, in the valley of the Great Kanawha river, with a daily stage passing through it, and a daily line of steamboats passing by it. We have raised large families here, and are surrounded by them; and believe that their condition will be promoted by the system you have adopted of curing or preventing disease.

Any one wishing to engage in the enterprise, will address either of us, and we will cheerfully give any information in our power. Very respectfully, &c., JAMES K. CRAIG, EWIN MCCOY, Buffalo, Putnam county, Va.

INFLAMMATION ON THE LUNGS.—When re-subscribing for the Journal, Mr. H. sends the following:

Richburg, Alleghany Co., N. Y.—In June, 1851, I first heard of the Journal, and subscribed for it, and have induced several others to subscribe. I have received the January number for 1852, but have received none since, and I suppose for the very good reason that I have not paid for this year. I have received a great deal of benefit from its perusal, and from other works on the same subject.

A few weeks ago my son, a lad of eight years, was taken very violently with inflammation on the lungs, and we treated him hydropathically, and in five days we subdued the inflammation, and he has recovered rapidly. His attack was violent, pulse 130, and completely prostrated. Six years ago he had a similar attack, and was doctored in the *old* way. He just lived, and lingered nine weeks, and carries the scars from the blister till this day, under this treatment. There are no wounds, nor bruises, nor putrefying sores. I rejoice, therefore, in being delivered from that sanguinary dispensation. H. HOOD.

HORTICULTURAL WATER TREATMENT OF ROSEBUGS.—Observing this summer that the fruit on some of my best cherry trees was being consumed by those unconquerable pests, the rose-bugs, I resorted to the expedient of shaking them off upon sheets placed beneath the trees, in order to kill them. The sheets at first were dry, and the bugs flew away almost as soon as they fell. At last I bethought me to wet the sheets with very cold water. The result was that the bugs, on touching the sheets, adhered, remaining long enough to permit the sheets to be rolled up, so that none could escape. I had now only to dip the bug-filled linen into a vessel of boiling water to effect their complete destruction. All of which is respectfully submitted for the information of the fifty thousand readers of your beautiful Journal, by a YOUNG FARMER. *Greensburg, Westchester Co., N. Y.*

THE FROGS IN COUNCIL.—To Noggs, Quoggs, Scroggs, and all the other Oggses: Let us "bung, bung, tider a wee" to you a short space, from these low hills, deeper hollows and dam(p)n'd marshes. What! come to a bad pass sure, when we've got to wash all over, and the women too!—those dears who wouldn't touch land nor water for gold—the gold of rosy health! Yes, a pretty song this!

"No more drugs or pills.
Calomel and honeyed squills—
Wash all over and be clean;
Let no pork or grease be seen."
Bung-chug.

"It will never do these aguey parts; it may do well enough where they have the *Crote* on. I don't believe our store-keeper has any of that article," says Mrs. Saffron Skin. "I can't remember the time that I washed 'all over,' he, he, he,"—Miss Chronic Dyspepsia. "I couldn't stand it to work without pork"—Mr. Humpsholder. "It will give you the 'chills' in a minute to wash 'all over' before breakfast."—Doctor Calomelpathy. "And then there's worse than all, they say the ladies must wear trousers! vest!! coat, hat and boots!!!"—say all the women and girls in one long, wondrous (because of compression) breath, passing strange. The facts seem to be, the men are afraid of the female breeches; and the women have been so long tied fast to long skirts and slim waists, they fear if they attempt to pull away they will "break in two," instead of severing the cord that binds them. But the facts really are, men and women—all are afraid of that monster of iniquity, fashion. Afraid to come out of the mass and stand alone, even though it be in glory—afraid to walk "upright and out right." Yes, and their shadows would be so big they would frighten them, should they "let nature take its course."

"Wash and be clean!" Blessed precept! Thrice blessed and happy him who obeys it. It is to be hoped the time will soon come when the habit of "washing all over" will be as universal in the United States, as that of cleansing the face and hands—*every morning before breakfast*. Then will history write of us, "The men have clear minds in vigorous bodies; the women are healthy and active; infants are 'born of water,' and of sound mothers; the people thank God for the *sweetness of life* while they live, and at its protracted close, bow themselves willingly into the embrace of Heavenward Angels."

Bung-chug. We had like to have forgotten ourselves.

Splash! A chug—a wave—a thrust—and out we jump, as clean and as green as the water we live in can make us. FROGS

AMERICAN HYDROPATHIC INSTITUTE.—The next term of this medical school of Hydropathy will be held at Prospect Hill, Port Chester, near New York, commencing on the first Monday in November. The applications are already nearly to the extent of the

accommodations. Among these is one from Montreal, Canada, one from Halifax, and one from Hamburg, in Germany. From the close of the term of the Young Ladies' Physiological Institute, on the last of August, to the opening of the medical term, Dr. and Mrs. Nichols will devote their time and establishment wholly to the cure of patients.

IMPOSTORS.—Already has our glorious and world-wide title "WATER-CURE" been taken up, and used by impostors to bring "grists to their mill." Water-cure pills at twenty five cents a box! are now offered to the public by unbaptized villains, who swindle druggists and stupid whenever they can. This is really too bad. We thought "cod liver oil candy" was bad enough as a "gull-trap," but water-cure pills leave in the shade all other medical inventions. But our folks can't be "taken in" with such bait. Where is the Graefenberg patent medicine company now!

WATER-CURE IN BOSTON.—While our friends and co-workers in the West, North and South, have been busy, applying, promoting, and extending the Water-Cure, our contributor, Dr. Kittredge, of Boston, has, by writing, lecturing, practicing, and by other means, brought the subject to the notice of large numbers of our Eastern people. Located in the brain of New England, into which all the nerves (railroads) centre, he has enjoyed peculiar facilities for promulgating the "new doctrine," and earnestly has he labored. His house, 24 Franklin Place, Boston, is always open, and generally well filled, both Summer and Winter, with those seeking health.

Those who read the contributions of Dr. Kittredge, in this Journal, will be enabled to judge for themselves of his competency, and will need no other recommend.

Business Notices.

THE AMERICAN INSTITUTE.—The annual exposition of American Products, will be held at Castle Garden, in New York City, commencing on the first of October, 1852, and be continued until the 22d.

The American Institute has been the pioneer in movements designed to advance the manufacturing and mechanical interests of the United States, to improve its agriculture, and to improve the condition and elevate the character of its laboring men. It pledged itself, in its earliest address to the public, to stand firmly by these interests, and, for a period of twenty-five years, it has kept its faith with the public inviolate. It has expended, during the last seventeen years, nearly \$35,000 in awards, as premiums to American Genius and Industry, displayed in the various departments which have come legitimately before it.

The Manufacturers, Mechanics, Inventors, Artisans, Farmers, Gardeners and Silk Culturists of the United States, are respectfully invited to bring forward specimens of their skill, invention, or production, and compete for the premiums of the Institute, which will be liberally distributed.

The Managers awarded at the last Fair 74 Gold Medals, 78 Silver Cups, 310 Silver Medals, 480 Diplomas 110 Volumes of Books, \$20 cash, and three Bronze Medals, the Van Schaick premium,—\$175 cash, the New Jersey Mining and Exploring Company premium,—\$400 cash in Agricultural and Horticultural premiums, \$105 cash to Apprentices and Minors.

THE AGRICULTURAL DEPARTMENT.—The annual exhibition of Cattle will be held at Madison Cottage, corner of Fifth-avenue and Twenty-third-street, on the 20th, 21st, and 22d days of October, 1852, where the necessary sheds, stalls, &c., required for the accommodation of stock, will be erected.

Here, then, will be exhibited, such a combination of interests, as can nowhere else in the United States be found. We are permitted, by the Managers and Directors, to invite everybody to be present, to see what may be seen, and to learn what may be learned. A. CHANDLER, Corresponding Secretary, No. 351 Broadway, New York, will send circulars giving all particulars, which those at a distance may wish to obtain.

GENTLEMEN: Living in a community where conservatism reigns queen paramount, strongly supported by a quartet of allopathic physicians, walking unswervingly in the path trod by these health-destroying predecessors—thus situated, you may well imagine it required strong nerves to attempt to raise a club for the Water-Cure Journal. Having been a reader for two years myself, I was so well pleased that I wished others to enjoy the many good things that it contained, so I determined to try; I could but fail, and it would be in a good cause.

I do not know that any more numbers, save my own, come to our Post Office; scarce one that we call upon had ever heard of it, and you would have smiled to have seen the cold shiver that attacked some at the mere mention of Water-Cure, while their air-tight stoves and rooms well-nigh suffocated me. Well, each one to their fancy, thought I, so I passed on; some took more papers now than they read, others found no time to read—no, not even a chapter in the Bible; while I pitied them for being thus drove with business, I sought the abodes of the less industrious, like ourselves, who were their own washerwomen, dairy maid and general house-keeper, and I send you the fruits of my labor. May they increase and multiply.—L. S.

[With the above came a list of TWENTY subscribers for the Water-Cure Journal. Miss L. S. has our warmest thanks, and, doubtless, the thanks of those into whose hands she has placed the Journals. How comes on the new dress?]

THE MUSICAL WORLD AND TIMES.—Music is one of the necessities of our nature. Every man has something of it, at least, stowed away somewhere in his humanity, which it would be well for him to cultivate up to a respectable standard; and by reading the advertisement of *The Musical World and Times*, in another column, he will learn how it can be done. The conductors of that journal are well known in this city, and are deserving of the utmost confidence in their enterprise.

By referring to our advertising columns, it will be seen that Dr. SNOW resumes his practice in this city about the first of this September. He has met with excellent success at Bennington, in his summer Establishment, and many of our citizens will welcome him back to his old field of labor.

Varieties.

THOMAS MOORE.—The personal appearance of the Irish poet, whose recent death has been announced the world over, is thus described: "There is a manly frankness, with perfect ease and good-breeding, about him which is delightful. Not the least touch of the poet or the pedant."

"Moore's head is distinctly before me while I write, but I shall find it difficult to describe. His hair, which curled once all over it in long tendrils, unlike anybody's else in the world, and which probably suggested his *sobriquet* of 'Bacchus,' is diminished now to a few curls sprinkled with gray, and scattered in a single ring above his ears. His forehead is wrinkled, with the exception of a most prominent development of the organ of gaiety, which, singularly enough, shines with the lustre and smooth polish of a pearl, and is surrounded by a semicircle of lines drawn close about it; like entrenchments against Time. His eyes still sparkle though the invader has drawn his pencillings about the corners; and there is a kind of wintry red, of the tinge of an October leaf, that seems enamelled on his cheek. His mouth is the most characteristic feature of all. The lips are delicately cut, slight, and changeable as an aspen; but there is a set up look about the lower lip, a determination of the muscle to a particular expression, and you fancy that you can almost see wit astride upon it. It is written legibly with the imprint of habitual success. It is arched, confident, and half diffident, as if he were disguising his pleasure while another bright gleam of fancy was breaking on him. The slightly-tossed nose confirms the fun of the expression, and altogether it is a face that sparkles, beams, radiates—everything but feels. Fascinating beyond all men as he is, Moore looks a worldling.

"Of his singing, it is well known that its effect is only equalled by the beauty of his own words. He makes no attempt at music. It is a kind of admirable recitative in which every shade of thought is syllabled and dwelt upon, and the sentiment of the song goes through your blood, warming you to the very eyelids, and starting your tears, if you have soul or sense in you. I have heard of women's fainting at a song of Moore's; and if the burden of it answered by chance to a secret in the bosom of the listener, I should think, from its

comparative effect upon so old a stager as myself, that the heart would break with it."

"We all sat around the piano, and after two or three songs of Lady Blessington's choice, he rambled over the keys awhile, and sang, 'When first I met thee,' with a pathos that beggars description. When the last word had faltered out he rose and took Lady Blessington's hand, said good night, and was gone before a word was uttered. For a full minute after he had closed the door no one spoke. I could have wished, for myself, to drop silently asleep where I sat, with the tears in my eyes and the softness upon my heart."

SPIRITUAL POETRY—A correspondent sends us the following, "by direction of the spirits," though he does not assure us, very satisfactorily, whether the spirits were in the body, or out of it, when they stirred up a rhyming "medium."

The Doctors, too, must learn what's true—
That we don't need their lotions,
Pills, nor powders, drops, nor slops,
And none of their drug notions

When we and they God's laws obey,
We'll have good constitutions;
For truth we'll look in Nature's book,
Not in their institutions, (nor saddle-bags.)

For doctors will, for every pill
They give, their pay receive,
And if you're slack, and do hold back,
They'll force you to "fork over."

And when you're sick, they'll come so quick,
And help to make you sicker;
Or, when the gout makes you swell out,
They'll help to swell you thicker.

For they're on hand, and by you stand,
Their doses to put through you;
With merchandise their bags they fill,
Then, customer, they view you.

We do confess, that you may queer,
At motives, by their charger:
Whate'er your mind, you'll surely find,
How fast their bill enlarges. O. P. Q. X. Y. Z

BLOOMERISM—It is now nearly a year since I was baptized into the faith and practice of Bloomerism. Although converted in the midst of a Bloomer excitement, yet a twelve month does not find me a backslider. Any one that never had known by experimental knowledge the benefits arising from the use of the new style of dress, after having witnessed the great falling off last summer on the part of newspaper editors, and the public generally, would naturally enough have supposed, that long before this there would not have been left one solitary Bloomer to tell the sad tale of their defeat. Yet, here and there we find a Bloomerite indeed, in whom there is no guile; and so far from their becoming extinct, they are steadily increasing. In this town especially, there is quite a number who esteem health, comfort, and convenience, far above fashion or popularity, and notwithstanding the severity of the winter, and the consequent cold time, as the saying is with Bloomers, yet some of us have good reason to believe, and the audacity to affirm, that we shall quite winter through; and furthermore, having conformed to nature's laws, we expect to be good for our name, and when blooming May comes we shall bloom too, and true to nature we shall find ourselves, not consumptive, nor spring-poor like our sisters, who afflict themselves and carry burdens grievous to be borne, but healthy and happy, as our smiles and rosy cheeks will indicate.

In adopting this new style of dress, we are aware that we subject ourselves somewhat to ridicule, but we are also aware that a great life problem is before us, which in one way or another must be solved. Every individual interested must decide whether, on the one hand, health, safety, and genuine decency is to be regarded, or whether the hoots and jeers of vulgar blackguards are to be listened to and revered. As for me, let me live the life of a Bloomer, and forever acknowledge my gratitude and heart-felt thanks to her who has introduced this neat and comfortable costume. Yours, truly,
Brownhelm, Ohio. A BLOOMERITE.

THE NEW COSTUME—I would like to say a few words through the pages of the Water-Cure Journal upon the prevailing mode of dress. To me, it seems not only detrimental

to health, but ungraceful and unbecoming. I know "it is the fashion," but, when I see a form that God has made, dwarfed and distorted, as though human beings were attempting to remodel that which came from the hand of the Deity: that which he pronounced good, I think, they show a lack of knowledge on their own part, or wish to prove that they are superior to infinite wisdom. Look at a woman fashionably dressed, in the common conception of the term. See the chest, compressed to one half its natural dimensions. The lungs cannot expand to inhale the pure air of heaven; the crowded viscera, pressing upon the pelvic organs, causing disease in its many and varied forms. Hips loaded with skirts, the weight of which would cause a strong man to "faint by the wayside," and give up in despair. Attempt to expostulate with them upon some of the evils of such a mode of dress; tell them they are destroying health, the best of life's blessings; tell them they are laying the foundation for diseases, that will make them old prematurely, and that disease not only mars physical beauty, but weakens mental strength and activity, and renders them incapable of fulfilling the duties assigned them; speak of these things to those you love and would save, they are unwilling listeners. If they deign to reply, it is like this, "I feel no inconvenience whatever in the way I dress, I do not dress tight." It may seem strange to some, but I never yet knew a lady who would admit that she dressed tight. By such words as these, you are silenced at once. An evil must be felt to be an evil before it can be redressed. Many are thinking of these things; some have not only thought but acted, and have adopted a style of dress better adapted to health and comfort, than the long trailing skirts, and whaleboned waists, ever can be, that is if they improve as they have done for the last few years, by adding to the length of both waist and skirt. As for myself, I have tried the new style of dress for the past year; I think it a great improvement; still, it may be improved, and no doubt it will be. I must say, it answers my purpose very well as it is, and I do not feel inclined to give it up, for since my adoption of it I have been better in health, freer in movement, and freer even in thought, than ever before.

Yours, truly,

MARY GREY.

[We cheerfully give place to the above, and invite women generally, who are interested in this subject, to express their views through this *their WATER-CURE JOURNAL*.]

THE DRESS REFORM—A clergyman, writing from Connecticut, sends us the following: "It is with the utmost delight that I see you continue to advocate the Dress Reform. No more important reform can be mentioned, and you are the persons to lead in this work. If you continue to advocate it through the columns of your publications, you will carry it through, and make it popular. If you forsake it, it will lose its only powerful friends, and will perish for the present. My simple object in inditing a line to you at this time, is to beseech, to implore you to persevere in this great enterprise, which involves, to an immeasurable extent, the happiness of the present and future generations. Let us have essay, cuts, ridicule, poetry, and all the means that can be employed to sway public opinion in favor of a rational, healthful style of dress."

"Respectfully and gratefully yours, L. H."

[Thus we are encouraged. The writer of the above is a prominent New England clergyman, and an author. He cannot leave his work to engage, *practically*, in this of ours, but, like a good angel, he can whisper words of hope and encouragement in our ear, which greatly strengthens us. From the start, (and we, of the *WATER-CURE JOURNAL*, set this ball in motion,) we have been impelled by one motive, namely, A SENSE OF DUTY. All new reforms invariably meet with unholy opposition, and reformers are usually martyrs. But they are rewarded with a "clear conscience," a bright future, and an imperishable name. God will not forsake the just and true. Then let us do our duty boldly.]

THE FARMERS' CLUB, of New York, hold meetings in the Rooms of the American Institute, every Tuesday, at twelve o'clock, noon, where all subjects connected with agriculture are discussed. Trees, Seeds, Fruits, and so forth, are exhibited, and distributed. At a late meeting the following facts were presented by a member of the Club:—

"On the preservation of seeds, several interesting facts were related, concerning some raspberry seeds which were found several years since in the following singular manner: A Dentist of Dorchester, (Eng.) by the name of McLean, desiring to know the effect produced on human teeth by a long space of time, opened one of the ancient Celtic burial mounds, several of which are to be found in the southwest of England.

At the depth of thirty feet from the surface he found the remains of a skeleton, among the bones of which, at the point corresponding to the stomach, were discovered, among other matter, a number of raspberry seeds, which were planted and came up, producing fruit. Numbers of bushes from these seeds are now growing in the gardens of the Horticultural Society of London. The illustrious savant, Lindley, places the date of the burial of these seeds as far back as the invasion of Great Britain by the Romans, about 1700 years ago, and he supposes that the soldier, in whose remains they were found, must have been killed a few moments after having eaten them, before the digestive powers of the stomach had time to affect them."

[The good qualities of our native raspberries are well known, not only as a most palatable luxury, but also as an article of the most healthful food. They should be widely cultivated.]

Preserved peaches and currants from Mr. Smith of Wayne Co., were tasted, and found to be in an excellent state of preservation, and of good flavor. Specimens of Charter-Oak native grape were exhibited, the berries of which were over an inch in diameter. Seeds were distributed.

[We have heard this "Charter-Oak native grape" highly commended, by persons who "deal in the article," and as earnestly condemned by those who pretended to judge it by the vine. The price, at which they are offered in our streets, is \$2 each, for vines of two years' growth.]

The Prussian Government has published an ordinance regulating the planting of trees on the roadside. Such trees are to be planted as are adapted to the nature of the soil, except in thickly-settled portions of the country, where none but fruit-trees are allowed.

IRONTON, Ohio—J. W. C., when sending a list of subscribers, gives us the following description of this interesting place. We hope the Educational and Temperance principles, adopted in Ironton, may be introduced in other new towns of the West:

"IRONTON, Lawrence County, Ohio, is situated in the centre of one of the richest iron regions in the West, and in the most southern extremity of Ohio. It will be three years next August, since it was laid out into town lots, and at that time the ground was covered with a fine corn crop, since which time it has rapidly improved; there being at the present time about fourteen hundred inhabitants, one large iron-rolling mill, one large hollow-ware foundry, one large engine foundry and finishing shop, two steam saw-mills, one fine edge tool factory, one sash and door factory. This town is a teetotal Temperance place; no spirituous or intoxicating liquors can be kept or sold without forfeiting the title to the lot or premises on which they are sold. We can also boast of an excellent free-school, continued through the year, kept up principally by the proprietors of the town, some of whom are a noble-hearted set of fellows, and subscribers to your valuable Journal, and I trust that ere long we shall be able to boast of taking a larger number of your journals than any town in the United States, of the same age."

THE IDEAL AND THE ACTUAL—How pleasant, when one is lying in view of the voluptuous moon, counting the jewels that flash in the deep blue sky, with a heart entranced by adoration, is it to feel a bed-bug, as big as a sea-turtle, rooting in the middle of your back.

SOME constables in Maine, hunting for rum, entered a house and found a woman rocking the cradle, and singing "Hush a-by-baby." Not finding "the critter," one of them, more cunning than the rest, made a dash at the baby clothes, exclaiming, "Sweet little baby—how much it looks like its father!" and sure enough, so it did—for lo! and behold, the little offspring turned out to be a *keg of rum* with a night-cap on! [Suckers can't evade "THE LAW"]

THE MODEL DOCTOR—Owns a gold headed cane, and drives a vicious horse through the most frequented parts of the city, sure to make a patient in the person of some unlucky child or deaf old lady on the track, "who would n't get out of the way!" Always magnifies the danger of the patient on his first visit, that his skill in leeching may pass for omnipotence. When questioned *inconveniently* by relatives, looks wise and oracular, and fixes his eyes on the ceiling, (while he assiduously thumbs his victim's pulse,) till he has concocted an answer sufficiently non-committal. Is willing to experiment in any kind of "patky" there is going; never allowing any other M. D. to get the start of him. If his patient has any extraordinary faculty for convalescing, and there is any danger of his getting well too fast, he gives him a slight retrograde motion. He has a decided objection to knowing old ladies who consider themselves privileged to ask questions. He has a little private understanding with the

apothecary, whose pockets he fills by ordering *double* the amount of medicine necessary on every visit. When he feels he has made an egregious mistake, objects to a consultation lest it might alarm the patient! If he orders molasses and water, coughs his prescription in *High Dutch*. Tells his confidential man John "to call him out of church as often as every other Sunday," on an errand of life and death! Never sends his bill in to interesting widows or pretty girls.

ETIQUETTE.—A LETTER must be answered, unless you wish to intimate to the writer that he or his subject is beneath your notice.

A VISIT must be returned in like manner, even though no intimacy is intended.

A smiling countenance is pleasant, but excess of laughter should be avoided, especially when it is possible for any one to suppose himself derided by it.

Whispering in company is always offensive, and often for the reason that persons present suspect that they are the subjects of it.—*Washington Daily Telegraph*.

OLD BUT GOOD.—Soon after the Copernican system of Astronomy began to be generally understood, an old Connecticut farmer went to his minister with the following inquiry: "Dr. T——, do you believe in the new story they tell about the earth moving round the sun?"

"Yes, certainly."

"Do you think it's according to the Scriptures? If it's true, how could Joshua command the sun to stand still?"

"Umph!" quoth the Doctor, scratching his head, "Joshua commanded the sun to stand still, did he?"

"Yes."

"Well, it stood did it not?"

"Yes."

"Very well—did your ever hear that he set the sun agoing again?"

VACANCY FOR A DOCTOR.—Greiner, the Indian agent in New Mexico, wrote home on the 31st March, that he knew of an opening for an enterprising physician—a vacancy had happened, and he told how.—One of the Eutaws on the San Juan river was taken sick, and an Indian doctor from Rio Verde was called in to attend him. Owing to the strength of the disease, or to the weakness of the prescription of the doctor, the patient died and was buried. After the funeral the doctor was taken by the friends of the deceased, tied up, shot, and scalped—his wife's hair was cut off; his house burned, containing all his property, and all his animals killed. This is the law of these Indians, regulating doctors. The vacancy is yet unfilled.

[Had this poor "tied-up, shot, and scalped" doctor, practised the *healing* art, on Hydropathic principles, instead of the *killing* art, no such "vacancy" would have been made. But we trust some good Hydropath will at once fill the vacancy, and *cure* all sick Indians.]

RECIPROCITY.—The Boston Congregationalist, and The Trumpet, have made an arrangement for each paper to keep before the people, in standing columns, a collection of Scripture texts selected by the other. So that The Trumpet publishes every week a list of texts against Universalism, selected by The Congregationalist; and the Congregationalist publishes every week a list of texts selected by The Trumpet. And each is pledged to continue this arrangement as long as the other will.—*N. Y. Mirror*.

[Capital. With the allopathic journals would show such magnanimity to the water-cure. We would soon let folks see the difference between tweedle-dum and tweedle-dee. But they dare not "go in a swimming" with us. Coz why. They know they would get "a ducking." But we would agree that they should "die easy," though we could n't say about their "being saved."]

LECTURES ON THE THREATENINGS.—The editor of an Alabama paper announces a course of Six Lectures on the threatenings of the Bible, supposed by some to militate against our views of Christianity. Among the subjects embraced, will be the parable of the Rich Man and Lazarus, Hell, Damnation, the Sin against the Holy Ghost, gaining the World and Losing the Soul, the case of Judas, Destruction of the Sodomites, Everlasting Punishment, and so forth.

[Rousing subjects these. Guess he'll have a full house. What are the conclusions? Have the allopaths any chance at all?]

WANTED.—A sifer and drummer to beat time for the march of intellect; a pair of snuffers to trim the "light of other days;" a stone-cutter that can drill a hole deep enough to blast the "rock of ages;" a ring that will fit the finger of scorn; a horse-pulley to run on the shaft of envy, and a new cushion for the seat of government.

NOTHING has contributed more to blind the eyes of mankind, than the servile veneration which most people (both nations and individuals) are apt to entertain for old customs and opinions. He who, upon any subject, strikes into a new track of ideas, even though they should be opposed to existing interests, is deserving of respect and attention.

OLD bachelors do not live as long as other men. They have nobody to mend their clothes and darn their stockings. They catch cold, and there is nobody to make them peppermint tea; consequently they drop off.

HOW TO MAKE HENS LAY.—Tie a stout string round the body, and lay the bird upon its side upon a board, and fasten the string underneath. You can then put a pillow under its head if you wish. Hens secured in this manner will lay for any desired length of time.

To Correspondents.

TOMATOES IN WINTER.—A correspondent informs us that this excellent fruit can be preserved for winter use, by preparing them as for cooking, and then drying them by the fire. When wanted for the table, all that is required is to add water and cook them.

TEA HEADACHE.—S. A. B. asks: "Can nothing be done to relieve the excruciating headache which afflicts tea-drinkers, when they first abstain from the accustomed beverage?" The patient should diet very light; lie down occasionally when the aching is severe; keep rather quiet a few days, and all is over. Warm foot and hip-baths will often relieve the pain very much.

SORE THROAT, &c.—A. S. Harford, Pa.—Your disease is primarily a diseased liver. The bunches about the neck indicate a scrofulous constitution or habit; and as all affections under such circumstances may be the premonition of bronchitis, and that a precursor of consumption, we would advise you to try full Hydropathic treatment at once. Either send for the Encyclopedia, and follow strictly the treatment there recommended for bronchitis, or apply to some Water-Cure physician for full directions, or go to an establishment for a short time.

EPILEPTIC FITS.—C. W. B., Astoria, Wis.—The plan of treatment in your case, is, in the main, judicious. Three hours' packing, however, are apt to debilitate injuriously if long persevered in. One hour is probably long enough in your case, and even this time should be shortened somewhat, if the whole body very soon gets warm after being enveloped.

SORE STOMACH.—H. A. R., Ottawa, Ill.—One or two hip-baths daily, with the wet girdle or abdominal bandage a part of each day, would be a good addition to your present plan of management. Wheat meal bread or mush is incomparably better for young children, or ever so young babies, than fine flour. Cistern water is better than hard water for drinking purposes, if it does not stand so long as to become offensive. Get the Encyclopedia by all means.

FISTULA.—L. G., Victory, N. Y.—Water-treatment legitimately includes all proper mechanical and surgical appliances. It rejects, however, drug-medicines. Whether your case now requires caustic, or only water-dressings, we could not tell without a personal examination. Probably the use of mild caustic, the sesqui-carbonate of potash, in connection with warm water, until the irritation subsides, and then very cold injections, would be the suitable plan to pursue. See Encyclopedia on this subject.

EPILEPTIC FITS.—J. F., Brandon, Vt.—It would be difficult for you to get a situation at any establishment to work your way, for the reason that all the attendants should be healthy and robust. A daily towel wash in the morning, one or two hip-baths in the afternoon or evening, with a plain and very strict diet, are the best measures for you in home-treatment.

POLYPUS IN THE EAR.—W. D., Minerva, Ill.—In your case the general health must be first attended to. Before local diseases can be successfully treated the whole constitution should be renovated as much as possible; and all bad habits—coffee, tobacco, should be abandoned. You ought to go to an establishment for a few weeks.

NEURALGIA WITH PARTIAL PARALYSIS.—J. A. B., Hymham, N. C.—We do not think magnetism would do much in your case; but should have faith in a strict and thorough course of water-cure. It is all-important to attend carefully to the dietary, and the Encyclopedia would be your best guide.

COLIC.—P. R. R., Millersburg, Tenn.—The attack in your case proceeds, undoubtedly, from a diseased liver, and the treatment should be on the plan recommended in the Hydropathic Encyclopedia, under the heads of Indigestion and Liver Complaint.

BURNING AT THE PIT OF THE STOMACH.—T. B.—Probably the trouble after eating is occasioned by acrid bile; and this is caused by some error in the diet. The books you have ordered will give you the requisite information.

CHIROGRAPHY.—M. A. M. sends us a piece of poetry in "difficult" writing. We have abundance of work of more importance than puzzling our eyes to decipher hand chirography; hence, those who have not time to write legibly might save themselves and us trouble by not writing at all.

VARICOSE VEINS.—S. S. B., Post Creek.—Caustic potash, if good, will decompose the animal tissue wherever it is applied; and may be so used as to produce an ulcer or running sore. When applied to varicose the dressing must be skilfully managed. A bad case ought only to be entrusted to a good surgeon. There is no danger of causing an enlargement in another place by healing the existing one.

Book Notices.

BOOKS WHICH QUICKEN THE INTELLIGENCE OF YOUTH, DELIGHT AGE, DECORATE PROSPERITY, SHELTER AND SOLACE US IN ADVERSITY, BRING ENJOYMENT AT HOME, BEHIND US OUT OF DOORS, PASS THE NIGHT WITH US, TRAVEL WITH US, GO INTO THE COUNTRY WITH US.—CICERO.

DRESS REFORM.—Practically and Physiologically considered; with Plates, Illustrations, Opinions of the Press, and the private testimony of various prominent individuals. Dedicated to the Women of America. By MRS. M. ANGELINE MERRITT. 18mo., pp. 171. Buffalo: JEWETT, THOMAS & Co.

Readers of the Water-Cure Journal understand our position on this question. To correct the evils which some of those human apes, or godless fashion-mongers have spread abroad among inexperienced girls and women, and who have thus caused innumerable premature deaths—not to speak of the destruction of those yet unborn—who will come into the world with diminutive, half-formed bodies, with enfeebled, if not idiotic minds,—is reason enough for our warfare against this inhuman waste of life, time and money, on wicked foolish fashions. But here we have a co-worker in this much needed and neglected field of labor. While "parlor prudes" continue to squeeze themselves to death, and at the same time attempt to become mothers, and perform the maternal functions, and while "female dandies" continue to wag through our public highways, trailing their silks and satins in the dirt, spittle, and mud, literally sweeping the streets, we may be granted the privilege of protesting, and calling the special attention of moral and political economists to the subject. The book should be bought up and placed in the hands of all suicides.

THE LAWS OF LIFE, with special reference to the Physical Education of Girls. By ELIZABETH BLACKWELL, M. D. 12mo., pp. 180. New York: G. P. PUTNAM.

We hail with joy and gladness this new co-worker in the cause of Physical regeneration. Miss BLACKWELL, it will be remembered, was the first female medical graduate that ever took a diploma from a regular medical College in America. She is now permanently located, and in full medical practice, in New York City. During the past spring, she delivered a course of Lectures to a class of Ladies, which she was afterwards requested to publish. The result is before us. She has produced a book which will do great good. Now that the initiatory step has been taken in authorship, we hope she may give the world the benefit of her experience in this new, appropriate, and important sphere,—a calling which she is eminently qualified to fill. The present volume comprises Six Lectures, as follows: I. Introductory; II. General Laws; III. The Organic Laws; IV. The Related Life; V. Criticism; VI. Reform.

MYSTERIES, OR GLIMPSES OF THE SUPERNATURAL, containing accounts of the Salem Witchcraft—The Cook Lane Ghost—The Rochester Rappings—The Stratford Mysteries—Oracles—Astrology—Dreams—Demons—Ghosts—Spectres, etc. By CHARLES W. ELLIOTT. 12mo., pp. 273. New York: HARPER & BROTHERS.

From the above title, a correct opinion may be formed as to the contents of the work. The author has given these subjects great attention. His investigations extend as far back into ancient history, as any known records will permit. But has he solved the problem of modern mysteries? No, this has not yet been done, by saint or sinner.

MR. ELLIOTT has given us a most interesting "re-hash" of all that has been said, written, done, or guessed at, since the world began, coming properly under the title of mysteries. But he has not told us *how*, except in some of the more palpable "tricks," which have been palmed off on poor stupid humans, as supernatural mysteries. The book will more than pay for reading. It will serve as a *corrective* to those who never reason, but who believe all they think they see, hear and feel, without the trouble or ability to "think for themselves." Such folks may, by a glance at this work, realize the fact, that "it is not all gold that glitters," nor all gospel that is preached.

LOUIS NAPOLEON AND HIS TIMES: with notices of his Writings; a Memoir of the Bonaparte Family, and a Sketch of French History. By HENRY W. DE PUY, with Portraits. 12mo., pp. 408. Buffalo: PHINNEY & Co.

A well printed and handsomely bound volume. The author proves himself entirely familiar with his subject. He has produced an exceedingly interesting, and so far as we can judge, an impartial history of this most remarkable family. It is certainly candid, lucid, and always to the point. Omitting nothing of interest, containing nothing superfluous. Both author and publishers have well earned the approbation of the public, and will, we doubt not, be liberally rewarded.

STRAY LEAVES FROM AN ARCTIC JOURNAL; or, Eighteen Months in the Polar Regions, in search of Sir JOHN FRANKLIN'S Expedition. By Lieut. S. OSBORN. 12mo. pp. 216. New York: G. P. PUTNAM.

The author of this well-written book has very politely dedicated it to LADY FRANKLIN. It will be found deeply interesting. At this moment the sympathies of the civilized world are awakened in favor of the lost navigator. Any intelligence of his safety would command the heart-felt thanks and congratulations of all, and he would meet with as warm a reception as would Columbus should he return to earth again.

Those who would study the Geography, Astronomy and Natural History of the polar regions, should read the ARCTIC JOURNAL.

ROUGHING IN THE BUSH; or, LIFE IN CANADA. By MRS. MOODIE. 2 vols. 12mo., pp. 224, and 211. Price 25 cents each. New York: G. P. PUTNAM.

One of the most agreeable and entertaining productions, we venture to presume, ever written in or of Canada.

The writer is an author by birth—she inherited a high order of talent for writing, and has improved upon the original inheritance.

Roughing in the Bush is a book that all pleasure and health-seekers should read.

TRANSACTIONS OF THE NATIONAL ECLECTIC MEDICAL ASSOCIATION, at its Third Annual Meeting, held at Rochester, N. Y., May 11th, 1852; together with the accepted Reports presented by the members. One vol. octavo, pp. 173. Price 75 cents. Rochester: E. DARROW. New York: For sale by FOWLENS AND WELLS.

The most able Document issued from the eclectic press. It is well printed, and done up in the usual pamphlet form.

DR. RAUBEN'S elaborate article on the Circulation of the Blood, we have not yet read, but intend to do so, when we shall again refer to it.

SCENES AND THOUGHTS IN EUROPE.—By GEORGE H. CALVERT. Second series, 12mo., pp. 185. New York: G. P. PUTNAM.

The observations of an intelligent observer—the reading of his book gives one a graphic view of the principal places of interest through which he travelled. We acknowledge a special fondness for books of travel. It would be well for those who contemplate a tour over Europe, to take a copy of this handy volume with them.

MESSAGE FROM THE PRESIDENT OF THE UNITED STATES to the two Houses of Congress, at the commencement of the First Session of the Thirty First Congress, Dec. 2d, 1851. In two parts, pp. 469 and 550. Washington: Printed by A. BOYD HAMILTON.

HON. THOMAS J. RUSK, United States Senator, from Texas, will please accept our thanks for a copy of this valuable document.

PORTRAITS OF THE PEOPLE.—The publishers of the *Democratic Review* have brought out several exquisitely executed Steel Engravings of the following individuals:—Hon. R. RANTOUL, Jr., Hon. WM. M. GWINN, Hon. JOHN MCKEON, Hon. EDWARD C. MARSHALL, Gen. FRANK PIERCE, and WM. R. KING, all of the Democratic party.

THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA: A complete system of Hydropathy and Hygiene. An illustrated work, embracing Outlines of Anatomy; Physiology of the Human Body; Hygienic Agencies, and the Preservation of Health; Dietetics and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the nature, causes, symptoms, and treatment of all known diseases: Application to Surgical Diseases;

Application of Hydropathy to Midwifery and the Nursery; with a complete Index. By R. T. TRAIL, M. D. Two 12mo. volumes, substantially bound, price \$2.50, just published by FOWLENS AND WELLS, New York.

For popular reference on the subjects of which it treats, we know of no work which can fill its place. Without any parade of technical terms, it is strictly scientific; the language is plain and simple; the points explained are of great importance; devoted to progress, the editor is no slave to theory; he does not shock the general reader by medical ultraisms; while he forcibly demonstrates the benefits of modern improvements. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowlers and Wells, perhaps none are more adapted to general utility than this rich, comprehensive, and well-arranged Encyclopedia.—*New York Tribune*.

Advertisements.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$50. For one column, \$15. For half a column, \$10. For less than half a column, twenty-five cents a line.

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MECHANICS, MANUFACTURES, AND INVENTORS.—The eighth volume of the Scientific American commences in September. It is principally devoted to the diffusion of useful practical knowledge, and is eminently calculated to advance the great interests of industry.—*Mechanical, Manufacturing and Agricultural*—the genius and master-spirit of the nation.

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A CARD.—The undersigned having made, within the last sixteen months, over seven hundred medical Hydropathic prescriptions, for Home treatment of various diseases, takes the liberty to ask of those who may have received benefit therefrom, to address him, *post-paid*, giving him information in detail on the subject. He feels that having, in all cases, when his home duties would allow, promptly considered and answered this great number of applicants, scattered as they were, through thirty of the United States, and Canada, and given them the best advice he could, he is entitled to trouble them thus far. But even this he would not seek without an object worthy of the favor sought at their hands. That object is this: He proposes to publish a pamphlet, or book—if circumstances are favorable—going to show that the Water-Cure treatment of disease "is a great discovery;" that it constitutes an Era in human progress, that it will constitute an epoch in human history, and that nothing like it, in the way of human physical redemption, has the world ever witnessed. But in asking statements from those who asked advice at his hand, and to whom he generously gave it, he does not wish to exclude others who have cases to report to him of benefits flowing from Home-treatment. He wishes to confine his application to those who were treated at home, under whose advisement it matters not. He wishes the statement fairly made, and that they should comprise the disease, the drugging, and the water-treatment. He also wants names, and places of residence, with permission to give them, unless requested not to do so, which request will be heeded if made. But statements *with names*, &c., are better than statements *without names*. Let those who wish to see an array of facts (cases) exhibiting the superiority of water-treatment over drugs for disease, published, send promptly, such facts, well and carefully portrayed, to me. I will do my best, by using them judiciously and wisely in the way of preparing them for the press, to secure their publication. My address is Scott, Cortland Co., New York.

Respectfully yours, JAMES C. JACKSON, M. D.
Sept. 11. Glen Haven Water-Cure.

82 NASSAU STREET.—Boot Makers' Union Association.—Boots and Shoes at retail, for wholesale prices. Feb. 9.

DR. S. B. SMITH'S TOPPS ELECTRO-MAGNETIC MACHINES.—These machines differ from all other Electro-Magnetic Machines. The inventor has made an improvement by which the primary and secondary currents are united. The cures performed by this instrument now, are, in some instances, almost incredible. For proof of this, I refer to my new work, lately issued from the press, under the title of "*The Medical Application of Electro-Magnetism*." Mail edition 25 cts., myself paying the postage. These machines are put up in neat rosewood cases of a very portable size.—Price \$12, cash. A deduction made to agents. Postmasters, Druggists, Storekeepers, and all who are willing to be instrumental in relieving the sick, are respectfully invited to act as agents. They can be sent by express to any part of the Union.

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THE SKEINER OF SOCIETY.—Part I. The True Constitution of Government in the Sovereignty of the Individual. Part II. Cost the Limit of Power, a Scientific Measure of Honesty in Trade. Two parts in one volume. By Stephen Pearl Andrews. Published by FOWLENS AND WELLS, New-York and Boston. Price 75 cents.

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ISAAC BARRETT'S CYPHEREAN CREAM OF SOAP FOR LADIES' USE.—Paragon Shaving Cream and Shaving Powder. Also, Cosemolum for the Hair and Paragon Denifrice. Sold wholesale by A. M. BECK & Co, 130 Washington-st., Boston. All orders promptly answered. Sept. 11.

THE PHONOGRAPHIC TEACHER.—An inductive exposition of Phonography, intended to afford complete and thorough instruction to those who have not the assistance of an oral teacher; by E. Webster.—price 40 cents. New York: FOWLENS AND WELLS, Publishers.

A beautifully printed volume, made eminently plain. Teachers will find it a superior text-book. Phonography has now become a fixed fact. It has found a niche from which it cannot be forced. It is simple. A child learns it readily. A few days' study will make the pupil master of the principles of the science, and his facility in the art may be indefinitely increased by practices.—*New York Tribune*.

BLAKE'S PATENT FIRE-PROOF PAINT.—The original and only genuine article that can be sold or used without infringing my Patent, and which, in a few minutes after applied, turns to SLATE or STONE, forming a complete SHIELD or COAT OF MAIL, over whatever covered, bidding defiance to fire, water, or weather. It has now been in use over seven years, and where first applied is now like a stone.

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone and various kinds of worthless stuff, and endeavoring to sell it as Fire-Proof Paint. I have recently commenced three suits against parties infringing my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 84 Pearl-street, New York, from the patentee, WM. BLAKE. Aug. 11.

SYRINGES.—We have just received from the Manufactory of A. H. Hutchinson, Sheffield, England, an assortment of their superior Syringes, comprising various sizes and styles, among which are some of the finest ever imported. We can furnish almost any pattern desired at from three to ten dollars. We would particularly request the attention of Hydropathic Physicians to some of the more improved styles, as we are confident their superior merit will ensure their immediate adoption.

We have also all of the different styles of domestic manufacture, which we sell at prices ranging from one to four dollars. Syringes can be ordered by mail, and sent by first express. All orders will be filled with dispatch. Address, post-paid, FOWLENS AND WELLS, 131 Nassau-st. New York.

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This flour is made of the best quality white wheat, and warranted superior to any flour hitherto known as Graham Flour. It makes a superior loaf of brown bread, Rusk, Cakes, and Pie crust—and where used is highly approved. Try it, and then judge. June, 6.

COTTON FELT MATTRESSES.—For Private Dwellings, Hotels, Water-Cure Establishments, Steamboats, Ships, &c., &c.—The advantage these mattresses possess over all others, are as follows: They are from 25 to 50 per cent. cheaper than Hair; will not break or mat down, and will retain their elasticity, (of which there is a great deal) longer than Hair; are proof against all kinds of vermin, and are the most cleanly and healthy Bed that can be used. Manufactured by the Paris Steam Wadding Works, Brooklyn, L. I., and for sale by R. & D. M. STUBBINS & Co., No. 59 Broadway, New York. Orders received as above for any sized Mattresses, together with Bolsters and Pillows. July, 31.

A YEAR OF MUSIC

FOR NOTHING!—ALMOST:

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The object of this work is to furnish,—1. A weekly supply of new and choice music. 2. A complete and unusual Course of Musical Instruction. 3. Fearless and trustworthy Criticisms of Musical Pieces, Works and Performances; and 4. Entertaining Musical Reading, together with a comprehensive Synopsis of events and things Musical, as they shall transpire; all to be furnished in a style of taste and elegance in harmony with the subjects treated of, and the refined minds of those to whom such topics are addressed.

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MYRA K. MERRICK, M. D., a graduate of Central Medical College, New York, respectfully informs the readers of the *Water-Cure Journal*, that she has located in Cleveland, Ohio, for the purpose of devoting herself entirely to the practice of her profession.

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In addition to the usual appliances for full Water treatment, he has with the assistance of Dr. J. L. HOSFORD, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment. Consultations and city practice attended to as heretofore. June, 11.

AMERICAN HYDROPATHIC INSTITUTE, PORT CHESTER, N. Y.—The Third Term of the Medical School of the Institute will commence on the first Monday in November, and continue twelve weeks. Lecture fees \$50, payable in advance. Board, \$3 per week, washing extra. The entire expense, books included, need not exceed \$100.

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MAMMOTH WATER CURE OF THE WEST.—HARRISBURG, Ky.—Roland S. Houghton, M. D., Resident Physician.—This is one of the largest and most complete establishments of the kind in the United States. A new and commodious BATH-HOUSE has just been completed, for the more perfect accommodation of the patients, who will find a full description in the July and August numbers of the *Journal*.

Terms:—\$40 for the first four weeks; \$5 for each subsequent week. Servants, \$2.50 each week. A consultation fee of \$5 will be charged when patients leave before the expiration of the first four weeks. There will also be an extra charge of \$1 per week when extra sheets, blankets, &c., are hired of the Establishment. For further information, address Dr. C. GRAHAM, Proprietor, Harrisburg, Ky. Sept. 11.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment is now commencing its fifth season. The increased accommodations and facilities which have been added from year to year, make it second to none in the Union, and enables the subscriber to say with confidence to all who wish to avail themselves of the great facilities which the Water-Cure system when rightly applied, offers to all those who are seeking restoration to health; that they can here pursue it under the most favorable auspices for the removal of disease. The very flattering patronage bestowed hitherto, by a generous public, will serve but to stimulate the proprietor to increased exertions in behalf of all those sufferers who may place themselves under his charge. Terms—\$7 to \$8 per week. T. T. SHELVE, M. D., Proprietor. July—11.

WATER-CURE ESTABLISHMENT FOR SALE.—The owners of the Water-Cure Establishment, situated on "Dracut Heights" in Lowell, Mass., residing in New York, are desirous to sell the estate, and offer the same on favorable terms. The place is well and favorably known to the public as a flourishing Hydropathic Institution. It is within ten minutes' walk of the centre of business in Lowell, but possesses all the advantages of an elevated and rural residence. It will accommodate forty patients, and in its supply of pure water and bathing conveniences, it presents superior advantages. It will be sold very low if early application is made. Possession given on short notice. Address BLAKE AND BROWN, New York city; or TAPPAN WESTWORTH, E. F. SHERMAN, Lowell, Mass. July, 11.

EASTHAMPTON WATER-CURE.—Dr. E. SNELL, having removed his residence from Springfield Water-Cure on account of its bad location and great unfitness for the business, has located himself in the beautiful village of Easthampton, near the Williston Seminary, and has purchased and fitted the building known as Snow's Hotel for a Water-Cure.

The great success attending his practice is shown in the fact that eighty out of a little more than one hundred patients treated at his establishment for a few months past have been discharged cured or nearly so, and all greatly benefited. Easthampton, the most beautiful village in Massachusetts, possessing every attraction, is but four miles from Northampton Depot, where a carriage from the house is always in waiting at the arrival of the several trains. Dr. Snell has the most unparalleled success in treating female complaints of all kinds. He also finds Good's Patent Graduated Battery, which he has obtained at great expense, very useful in many cases of Paralysis, Rheumatism, &c. Terms, \$6 per week. Examination fee, \$2. Patients will furnish two comfortable, two blankets, two sheets, and some towels, all well marked. N. B.—Patients very feeble, and bringing a nurse, can board the nurse for \$2 per week at the establishment. Dr. E. SNELL, Proprietor and Physician. Sept. 11.

MT. PROSPECT WATER-CURE AND INSTITUTE, BINGHAMTON, N. Y.—This Institution is located in a beautiful and romantic grove at the base of Mt. Prospect, and within the corporation of the Village. Possessed of a never-failing Spring of pure soft water, an atmosphere free from miasmatic influences, of carriage and boat-walks up the mountains, "free from the noise and turmoil of busy life," with excellent rowing and sailing privileges upon the pleasant waters of the Chenango, are a few of the presentation the "Cure" offers to the invalid.

The house is new, commodious, bathing apparatus ample and convenient, well ventilated, with 250 feet piazza.

The Medical department is under the entire charge of Dr. THAYER and wife, who have had five years' experience in Hydropathic practice, and are favorably known as successful practitioners. Courses of lectures, with full plates and illustrations, will be given throughout the season to the Students and Patients upon Anatomy, Physiology, Hydropathy and Hygiene. Terms, from \$1 to \$5 per week, according to room and attention required, payable weekly. Patients will bring the usual *Arms*. O. V. THAYER, M. D., Resident Physician. D. W. RANNEY and H. M. RANNEY, Proprietors. May, 11.

LEBANON SPRINGS WATER-CURE.—This Institution is one of the oldest in America. It is situated directly across the way from the celebrated Thermal spring, at New Lebanon, N. Y. For salubrity of air, cold, pure, and soft water, romantic and delightful scenery, and general healthfulness of climate, and every facility for successful Hydratic treatment, this place is not excelled in this part of the country.

D. Campbell and Lady, the well known proprietors of the institution for the last seven years, still continue to provide for the wants of the sick and afflicted, and hope their long experience and qualifications will enable them to give the same general satisfaction in future, that has marked their efforts in the past.

The Medical department will be under the care of Dr. B. Wilmarth and wife, who from twenty-five years' experience and observation of disease and remedies, (five of which have been Hydropathic practice,) feel confident a good degree of success will mark their efforts in all curable cases committed to their care. Mrs. W. has qualified herself for taking charge of the "Female department" of the institution, and treating that long list of painful and harassing complaints peculiar to her sex. Terms, \$5 to \$8 per week; payment weekly. Examination free. Advice by letter \$1. Patients will provide the usual articles for treatment. D. CAMPBELL & SON, Proprietors; B. WILMARTH, M. D., Physician. Jan. 11.

ROCK SPRING WATER-CURE, of Marietta, Ga., is opened, both winter and summer, for the reception and treatment of persons afflicted with chronic disease. The Establishment is situated directly on the Railroad of the State, and in connection with every other railway in the State. Invalids in the north or northeastern States, who may desire to continue their treatment during the winter, will find this Establishment, as to fixtures, convenience and comforts, equal to any in the United States. Charges: \$10.50 per week—where I supply them with their bath attendant, \$14 per week—in advance. [Marietta, Ga.] CARY COX. Sept. 11.

THE FORESTVILLE WATER-CURE, LOCATED AT FORESTVILLE CHATAUQUE COUNTY, N. Y., is easy of access from all directions, being on the New York and Erie Railroad, eight miles from its terminus at Dunkirk on the Lake, in a delightful village of the same name, containing several hundred inhabitants. Buildings new, pleasant and conveniently arranged, and the proprietors have had a practice of about twenty years. Terms, from \$5.50 to \$8 per week, payable weekly, and the patients will furnish the usual accommodations, viz: two large comfortable, two strong sheets, and six coarse bath towels. CHAS. PARKER, M. D.
AMOS R. AVERY, M. D.
July, 11.

THE ELMIRA WATER-CURE will be open on the First of June, 1852. The entire management will be in the hands of Dr. S. O. Gleason and Mrs. R. B. Gleason, M. D. Mrs. G. will pay especial attention to the treatment of female diseases.

Each patient (for packing purposes) is expected to furnish three comforters, one blanket, one linen sheet, and four bath towels.

Terms, Third floor, double rooms \$5, for each person per week. Second floor \$6. do. First, price according to the amount of room required. Address S. O. GLEASON, M. D., Elmira, N. Y. May, 11.

THE ROUND HILL WATER-CURE RETREAT.—Established in 1847. Located at ROUND HILL, NORTHAMPTON, Mass. Accessible by Railroad from Boston, Albany, and New York, in from 4 to 5 hours. For beauty and healthfulness of location—softness and purity of water—large and well-furnished rooms, and for comforts and conveniences for patients and their friends, this establishment is unsurpassed by any in the country. Address A. RANDALL, Esq., Agent, or C. A. HALL, M. D., Physician. Feb. 11.

NEW GRAEFENBERG HYDROPATHIC AND KINESIOPATHIC ESTABLISHMENT.—The subscriber flatters himself, that the success of his institution is already as firmly established and extensively known as any health institution in this country, and would simply say that any desirous of knowing more, by writing to him will have sent them free of expense, a pamphlet of 16 pages, containing a full report of all the particulars. The institution is situated on Frankfort Hill, about 5 miles from the city of Utica. Address R. HOLLAND, M. D., New Graefenberg, N. Y. 11.

WORCESTER WATER-CURE INSTITUTION, No. 1 GLEN STREET.—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired, and overlooks the city.

TERMS—For full board and treatment, \$6 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. Feb. 11.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M. D., Proprietor.

The pure air and water, beautiful scenery, fine large edifice, and easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. Sept. 11.

FOREST CITY CURE, near Ithaca, on the eastern bank of the lovely Cayuga, and well furnished. Health of locality, purity of water, and beauty of scenery unsurpassed. Science and experience in the Medical department. A Gymnasium and other places for exercise and amusement attached. Terms, \$5 to \$10 per week. Students accommodated. MORRIS DWIGHT, M. D. J. T. BERDICK, M. D., Proprietors. Jan. 11.

WILLOW-GROVE WATER-CURE.—Is now open under the direction of Dr. HENRY F. MEIR, M. D. Letters addressed Willow-Grove, Montgomery Co., Pa., or Philadelphia, 43 South 10th street. Philadelphia City Practice personally attended to. Aug. 21.

LOWELL WATER-CURE ESTABLISHMENT.—This old-established institution, under the medical direction of G. H. Taylor, M. D., will compare favorably in respect to location, water, fixtures, and all that constitutes a first-rate institution, with any other of the kind. Terms, from \$6 to \$8 per week.

EAST BROADWAY WATER-CURE.—Dr. QUIMBY continues to receive patients at his Establishment, No. 157 East Broadway, New York. City practice punctually attended to. Sept. 11.

Dr. SNEW, having been satisfactorily successful in his summer Water-Cure Establishment, at Bennington, Vt., returns to the city to resume his practice about the first of September. Day and boarding patients received, and general practice attended to. Sept. 11.

THE LENAWEE COUNTY WATER-CURE RAISIN, is in successful operation. All letters post-paid and addressed to Dr. JOHN B. GULLY, will receive immediate attention. GRO. W. CARPENTER, Proprietor. July, 11.

CASTLE WATER-CURE.—Patients will be received at this Establishment, for Water-Cure Treatment, during the present season. Charges per week, \$3.00; payable weekly. Sept. 21. J. C. WHITAKER, Physician.

THE BROWNVILLE WATER-CURE ESTABLISHMENT, under the direction of Dr. C. BALZ, is open for the reception of patients. Summer and Winter. Feb. 10.

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio river, Beaver county, Pa. Feb. 8.

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island. Feb. 11.

DR. BENDISCH'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug. 11.

THE PHRENOLOGICAL CABINET contains Busts and Casts from the heads of the most distinguished men that ever lived: Skulls, both human and animal, from all quarters of the globe, including Pirates, Robbers, Murderers, and Thieves; also numerous Paintings and Drawings of celebrated individuals, living and dead; and is always open free to visitors.

PROFESSIONAL EXAMINATIONS, with written and verbal descriptions of character, given when desired, including directions as to suitable occupations, the selection of partners in business, congenial companions for life, etc., etc., all of which will be found highly useful and exceedingly interesting.

OUR ROOMS are in Clinton Hall, 131 Nassau St., N. Y., and 142 Washington St., Boston. FOWLER & WELLS.